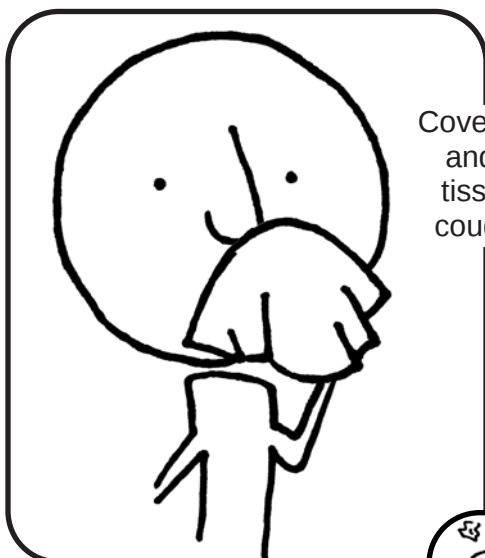


Stop the spread of germs that make you and others sick!

Cover your Cough



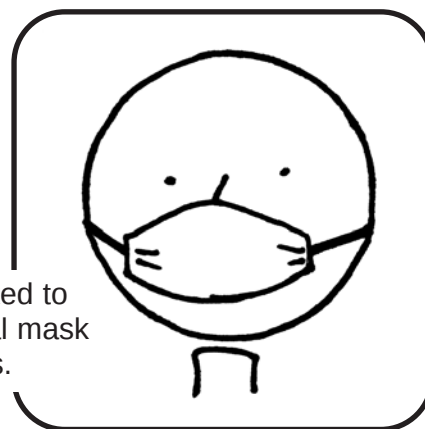
Cover your mouth
and nose with a
tissue when you
cough or sneeze

or

cough or sneeze into
your upper sleeve,
not your hands.



Put your used tissue in
the waste basket.



You may be asked to
put on a surgical mask
to protect others.

Clean your Hands

after coughing or sneezing.



Wash with
soap and water

or

clean with
alcohol-based
hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-5414 or 1-877-676-5414
www.health.state.mn.us



Minnesota
Antibiotic
Resistance
Collaborative

