

STOP THE SPREAD OF GERMS – BACTERIA – VIRUSES

WHEN YOU **SNEEZE**  
OR  
**COUGH...**



Always **COVER** your  
**nose** and **mouth**  
with tissue or the inside  
of your arm.



Then **WASH** your  
**hands** with soap  
and warm water.

**\*Surgical masks**  
are designed to prevent you  
from transmitting germs to  
others. They are NOT designed  
to prevent you from inhaling  
others' germs.



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