

Cover your Coughs and Sneezes



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



Put your tissue in the garbage.

OR

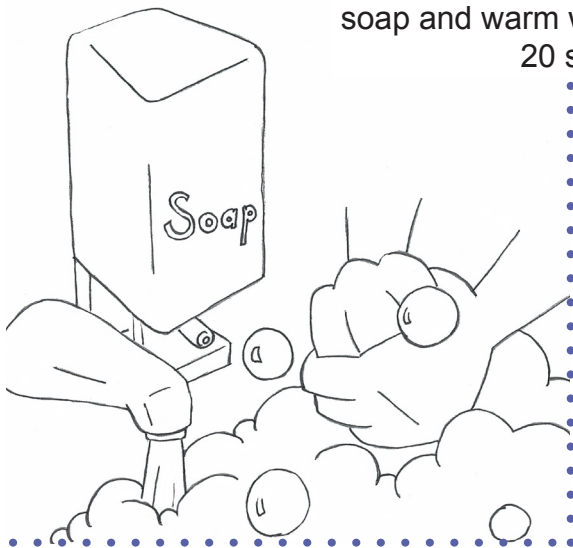
Cough or sneeze into your upper sleeve, not your hands.



Clean your Hands

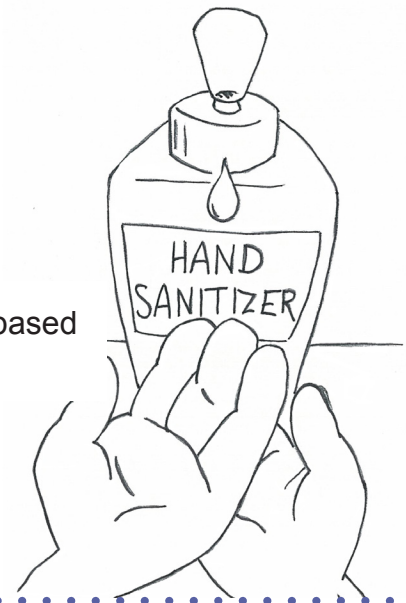
after coughing or sneezing.

Wash your hands with soap and warm water for 20 seconds.



OR

Use an alcohol-based hand cleaner.



Illustrations by: D. DePeuter

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

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Thunder Bay District
Health Unit