

# 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

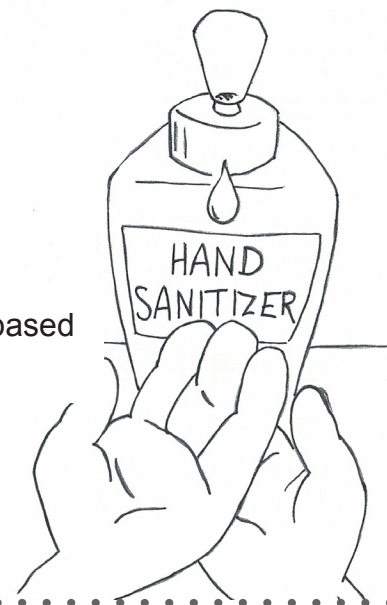
after coughing or sneezing.

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