

COVER YOUR **COUGHS** AND **SNEEZES**

1 COVER YOUR
NOSE AND
MOUTH
WITH A
TISSUE.



2 THROW YOUR
TISSUE
INTO THE
GARBAGE.



3 COUGH OR
SNEEZE
IN YOUR
ELBOW,
NOT YOUR HANDS, IF YOU
DON'T HAVE A TISSUE.

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DON'T HAVE A TISSUE.



4 THEN, CLEAN
YOUR HANDS WITH
WARM WATER AND
SOAP OR HAND
SANITIZER.

**HELP STOP THE
SPREAD OF
COVID-19**