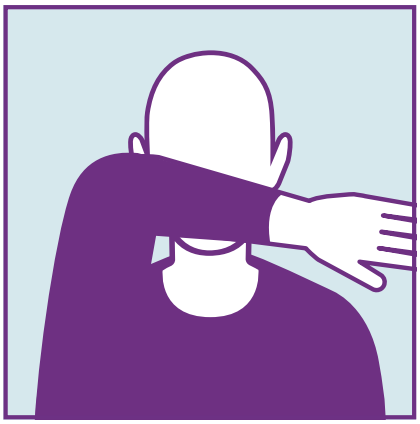
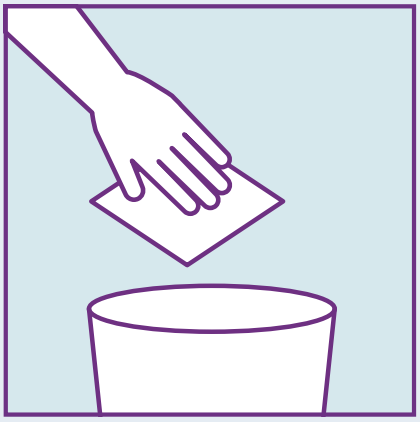
Cover Your Mouth and Nose

Stop the Spread of Germs!



Use a tissue. If a tissue is not available, cough or sneeze into your sleeve.



Throw used tissues into the garbage right away.

Clean your hands with soap and water or hand sanitizer (minimum 60% alcohol-based).

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for more information and printable resources.

Thunder Bay District Health Unit