Stop the spread of germs that make you and others sick!
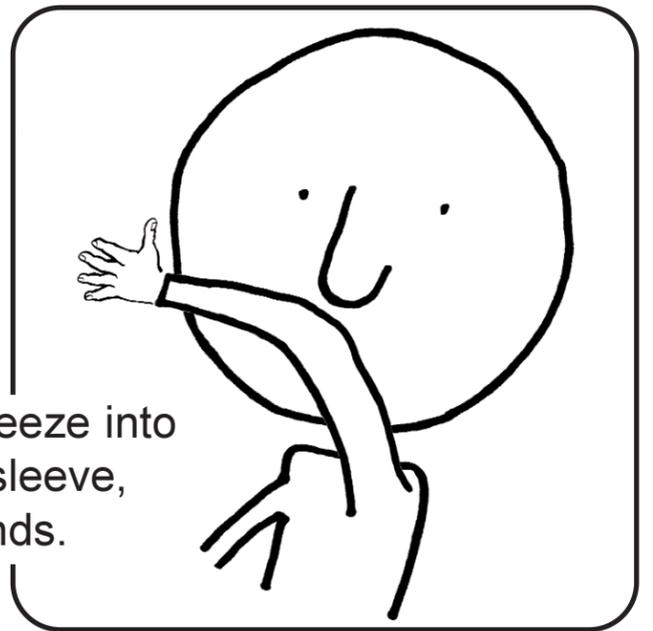
Cover *your* Cough

Southwest Nebraska
Public Health Department
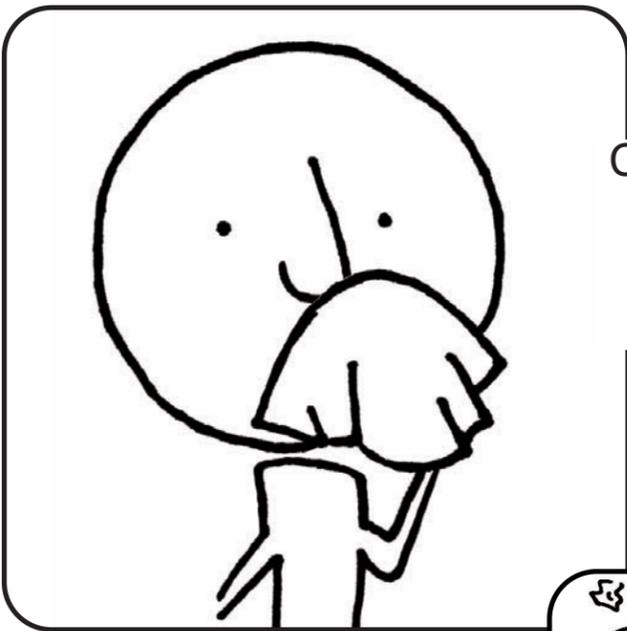
Cover your mouth
and nose with a
tissue when you
cough or sneeze
or
cough or sneeze into
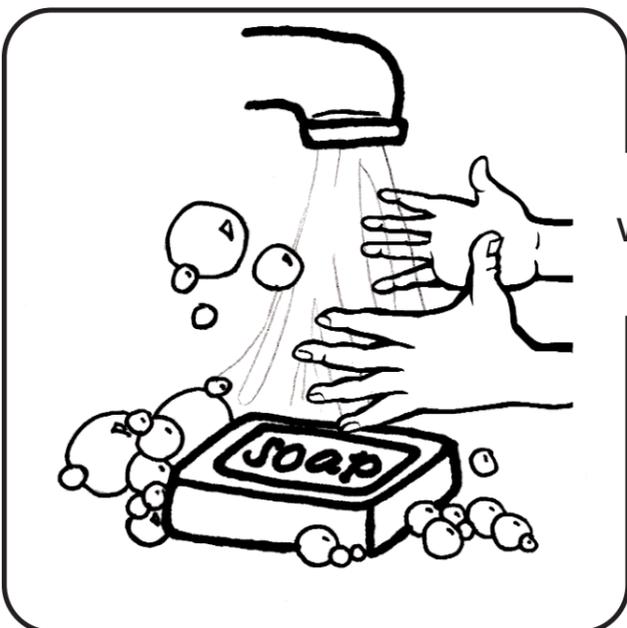your upper sleeve,
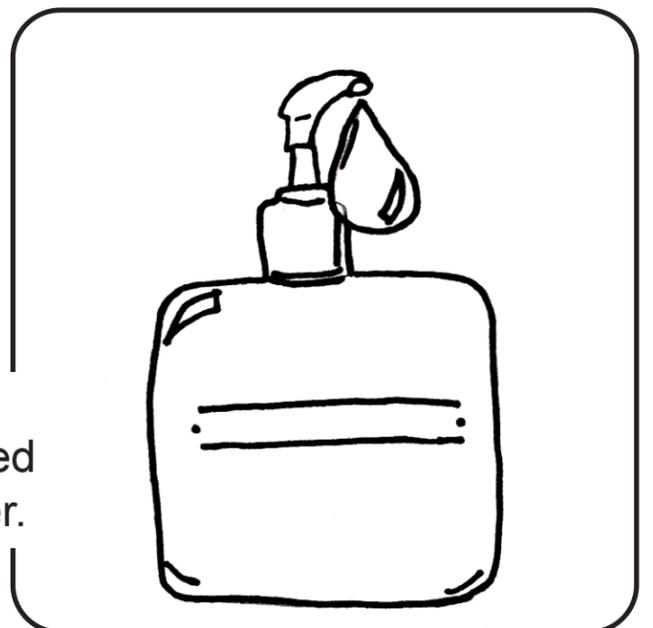not your hands.

Put your used tissue in
the waste basket.

Clean *your* Hands
after coughing or sneezing.

Wash hands
with soap and
warm water

or

clean with
alcohol-based
hand cleaner.

Materials adopted from