

STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK

WHEN YOU SNEEZE OR COUGH

Always **cover** your **nose**
and **mouth** with a tissue
or the inside of your arm



Then **wash your hands**
with soap and warm water



You may also
wear
a mask
to protect those
around you



Surgical masks are designed to prevent you from transmitting germs to others. They are not designed to prevent you from inhaling others' germs.