Stop the spread of germs that make you and others sick!

**Cover your Cough**

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.

You may be asked to put on a surgical mask to protect others.

**Clean your Hands**

Wash hands with soap and water after coughing or sneezing.

or clean with alcohol-based hand cleaner.

Northeast Colorado Health Department - www.nchd.org