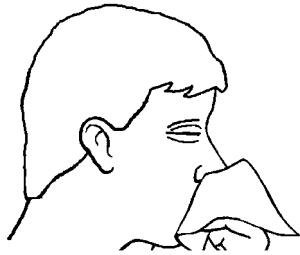




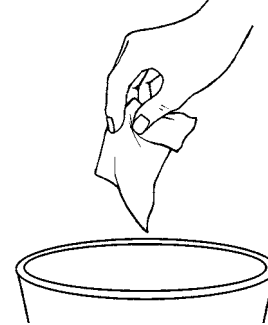
## COVER YOUR COUGH

1



Cover your mouth and nose when you cough, sneeze or blow your nose.

2



Put used tissue in the garbage.

3



If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.

4



Wash hands with soap and water or hand sanitizer (minimum 70% alcohol-based).

## STOP THE SPREAD OF GERMS

### ALWAYS COVER YOUR COUGH

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing

Adapted with permission from Toronto Public Health