

COVER YOUR COUGH

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

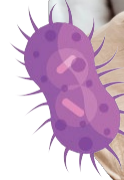


Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the waste basket.



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



Clean your hands with hand sanitizer or wash your hands with plain soap and water for at least 20 seconds.



You may be asked to put on a facemask to protect others.

For more information contact the Interior Health Infection Prevention and Control Department at IPAC@interiorhealth.ca.