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

Cover your Cough

1. Cover your mouth and nose with a tissue when you cough or sneeze
   or cough or sneeze into your upper sleeve, not your hands.

2. Put your used tissue in the waste basket.

Clean your Hands after coughing or sneezing

3. Wash hands with soap and warm water
   or use a hand sanitizer.

Environmental Help Line
905-723-3818 or 1-888-777-9613
durham.ca/health

If you require this information in an accessible format, contact 905-723-3818 or 1-888-777-9613

Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-5414 or 1-877-676-5414
www.health.state.mn.us