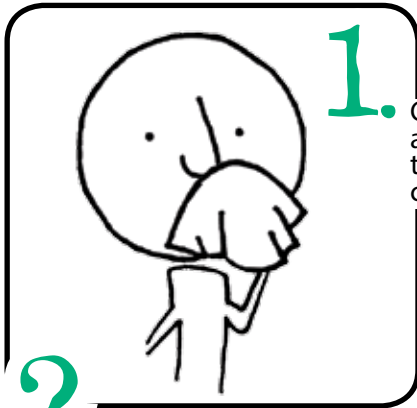


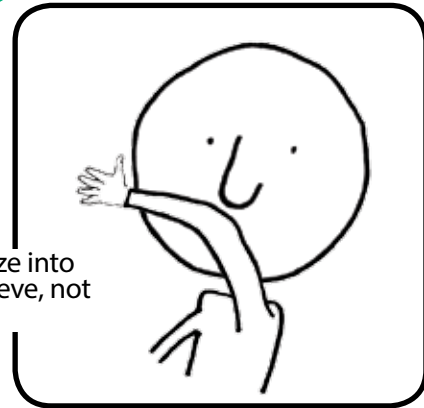
Stop the spread of germs that make you and others sick!

# Cover your Cough

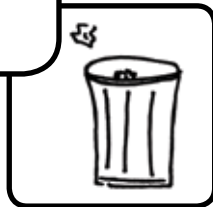


1. Cover your mouth and nose with a tissue when you cough or sneeze

or  
cough or sneeze into  
your upper sleeve, not  
your hands.

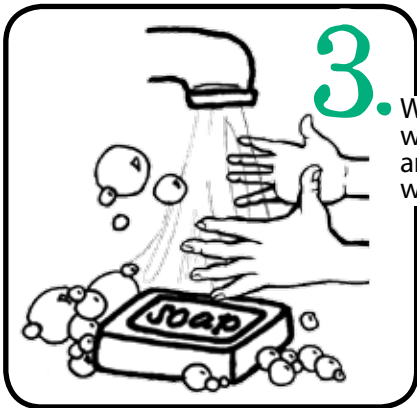


2. Put your used tissue in the waste basket.



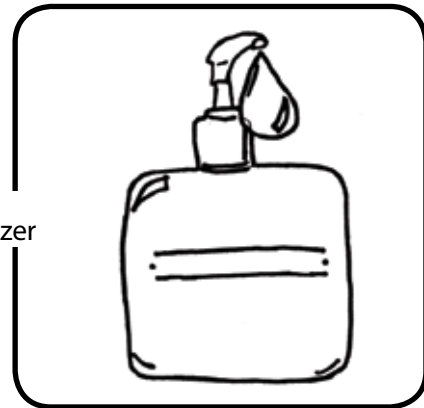
# Clean your Hands

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](http://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](http://www.health.state.mn.us)

