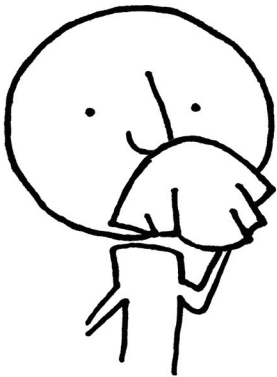


Stop the spread of germs

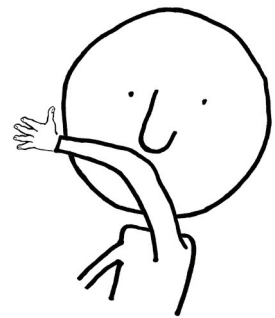
Cover your Cough



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

or

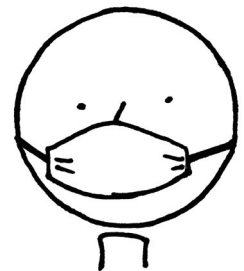
cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



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



Clean your Hands

after coughing or sneezing



Wash with soap and water

or

clean with alcohol-based hand cleaner.



For more information, visit us online at www.doh.wa.gov

For persons with disabilities, this document is available on request in other formats: 1-800-525-0127.

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