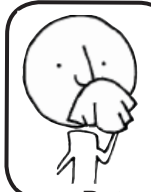


# Cover your Cough



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

Put your used tissue in the waste basket.



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



# Clean your Hands after coughing or sneezing



Wash hands with soap and warm water for 20 seconds or

clean with alcohol-based hand cleaner



Stop the spread of germs that make you sick!

#1032

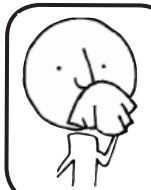


[www.dhss.mo.gov](http://www.dhss.mo.gov)  
573-751-6161



This health information is part of Missouri's pandemic influenza educational efforts.

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