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

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.

Clean your Hands after coughing or sneezing.

Wash hands with soap and warm water or clean with alcohol-based hand cleaner.

Minnesota Department of Health
625 N Robert Street, PO Box 6479
St. Paul, MN 55164-0679
651-201-6258
www.health.state.mn.us