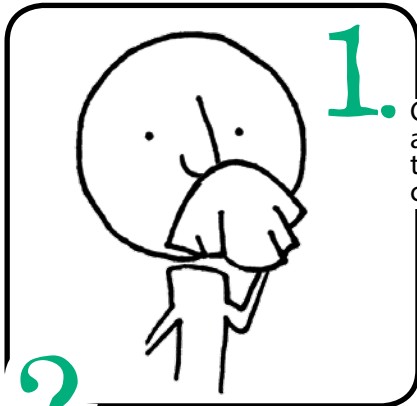
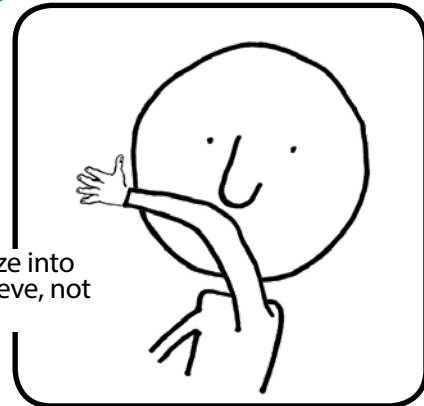


Stop the spread of germs that make you and others sick!

# Cover your Cough

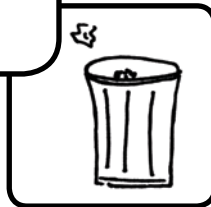


1. Cover your mouth and nose with a tissue when you cough or sneeze



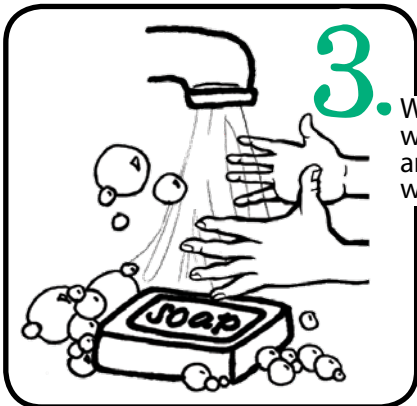
or cough or sneeze into your upper sleeve, not your hands.

2. Put your used tissue in the waste basket.



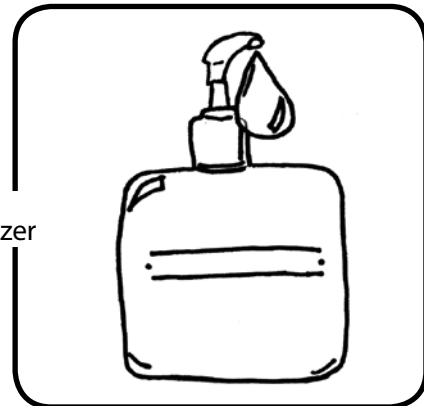
# Clean your Hands

after coughing or sneezing



3. Wash hands with soap and warm water

or use a hand sanitizer



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/health](http://durham.ca/health)



If you require this information in an accessible format, contact 1-800-841-2729.



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)



ASSOCIATION FOR PROFESSIONALS IN INFECTION CONTROL AND EPIDEMIOLOGY, INC.

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