

STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK

# WHEN YOU SNEEZE OR COUGH

Always **cover** your **nose**  
and **mouth** with a tissue  
or the inside of your arm



Then **wash your hands**  
with soap and warm water



You may also  
**wear**  
**a mask**  
to protect those  
around you



Surgical masks are designed to prevent you from transmitting germs to others. They are not designed to prevent you from inhaling others' germs.