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.
- 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.

Minnesota Department of Health
625 N Robert Street, P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5414 TDD/TTY 651-201-5797
www.health.state.mn.us

IC#141-1428
Minnesota Antibiotic Resistance Collaborative

APIC