HOW to COUGH and SNEEZE PROPERLY!
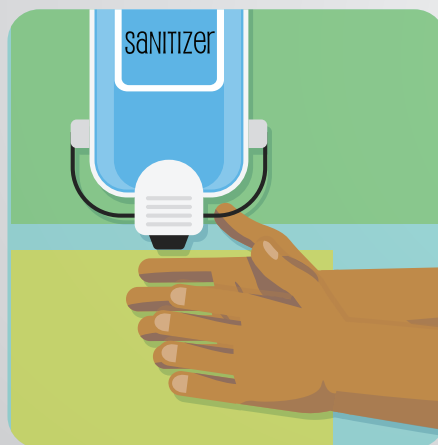
When you cough or sneeze **cover your nose and mouth with a tissue.**

Throw your tissue **in the garbage.**

Cough or sneeze **in your elbow,** not your hands, if you don't have a tissue.

sanitizer

Wash your hands with warm water and soap *or* use **hand sanitizer** after coughing or sneezing.

HELP PREVENT THE SPREAD OF GERMS

Northwestern
Health Unit

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