

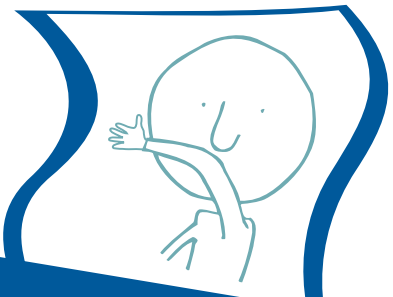
# COVER YOUR COUGH

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

Take Charge of Your Health



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



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



Put your used tissue in the waste basket.

OR

## CLEAN YOUR HANDS

after coughing or sneezing



Wash your hands with soap and warm water



clean with an alcohol-based hand cleaner.

OR



Sedgwick County... working for you



HEALTHY COMMUNITIES

HEALTHY PEOPLE

