

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

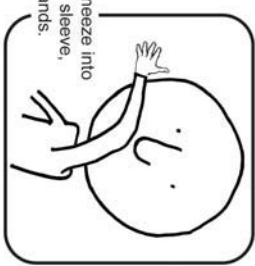
# Cover your Cough



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



Put your used tissue in the waste basket.



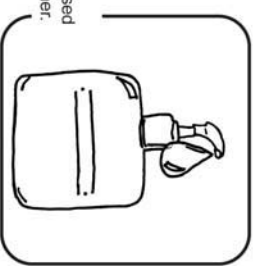
or cough or sneeze into your upper sleeve, not your hands.

# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds



or clean with alcohol-based hand cleaner.



For more information on how to prevent the spread of germs, visit [www.nj.gov/health](http://www.nj.gov/health).

