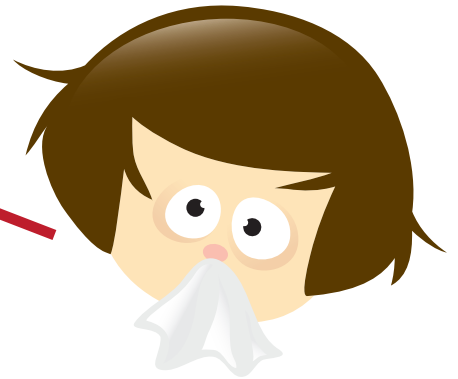
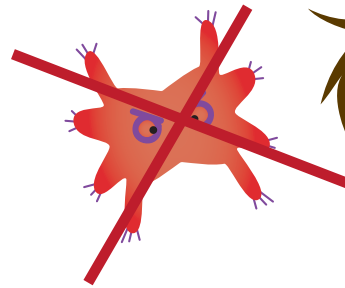
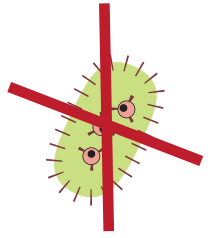


# STOP Germs in Their Tracks



## COUGHING AND SNEEZING:

Cover your nose and mouth with a tissue or your sleeve to stop germs from spreading. Throw away used tissues.

## HANDWASHING:

Wash your hands frequently with warm water and soap or use an alcohol-based hand sanitizer.

