STOP

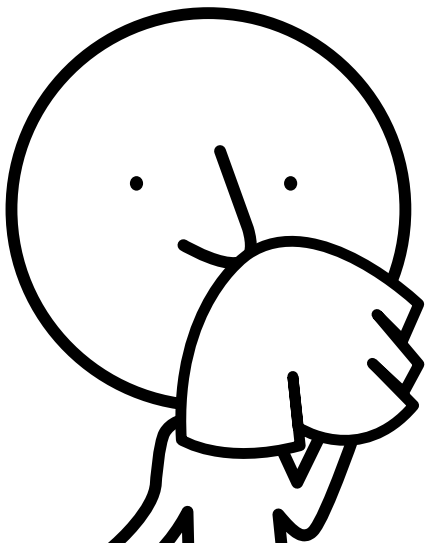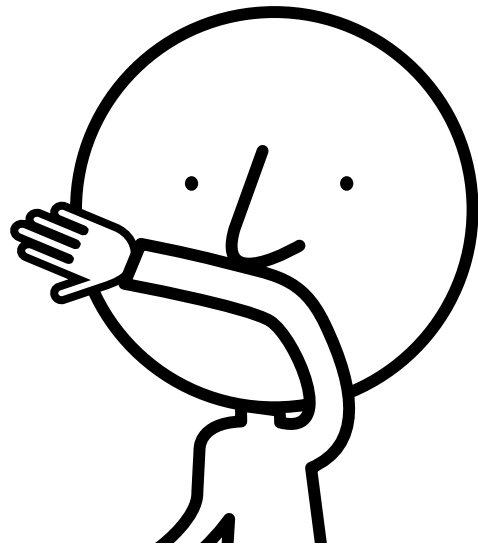## Cover your cough

Cover your mouth and nose with a tissue.

Cough or sneeze into your sleeve, **not your hands.**

Put your used tissue in the garbage.
Clean your hands with soap and water
or alcohol-based hand rub.

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