

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  
or

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



Put your used tissue  
in the waste basket.



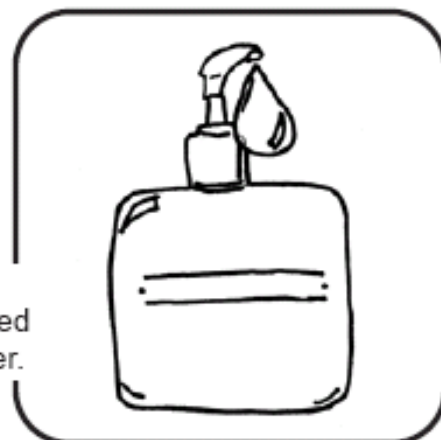
# Clean your Hands

after coughing or sneezing.



Wash hands  
with soap and  
warm water

or  
clean with  
alcohol-based  
hand cleaner.



Geauga County Health District  
470 Center St. #8, Chardon, OH 44024  
"Helping to maintain a healthy community"

