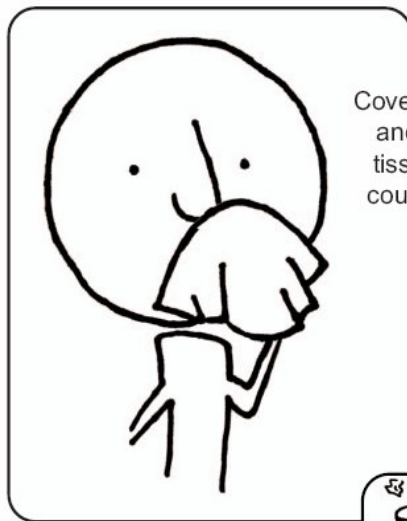


Cover your Cough

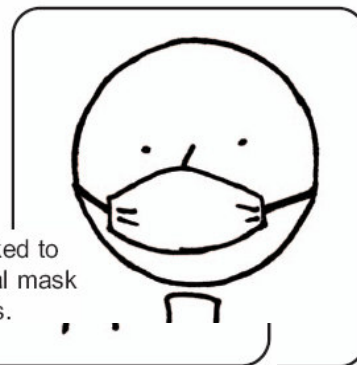


Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

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



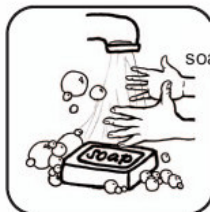
Put your used tissue in
the waste basket.



You may be asked to
put on a surgical mask
to protect others.

Clean your Hands

after coughing or sneezing.



Wash with
soap and water

or
clean with
alcohol-based
hand cleaner.



Resource: Texas Department of Health “Cover Your Cough”