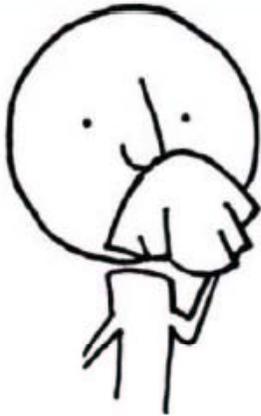


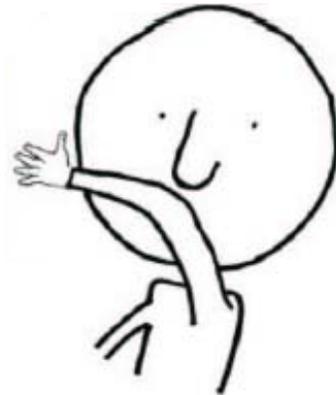
Keep Germs to Yourself!

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



Wash vigorously with soap and water **or** Use an alcohol-based hand cleaner.



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



Department of Health and Human Services
Maine Center for Disease Control and Prevention
www.mainepublichealth.gov