

HEALTHY HABITS

Cover Your Coughs and Sneezes

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



OR



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

2 Put your used tissue in the trash.



Then wash your hands.

3 Wash your hands with soap and warm water for at least 20 seconds.



OR



Use alcohol-based hand sanitizer if you cannot wash your hands.