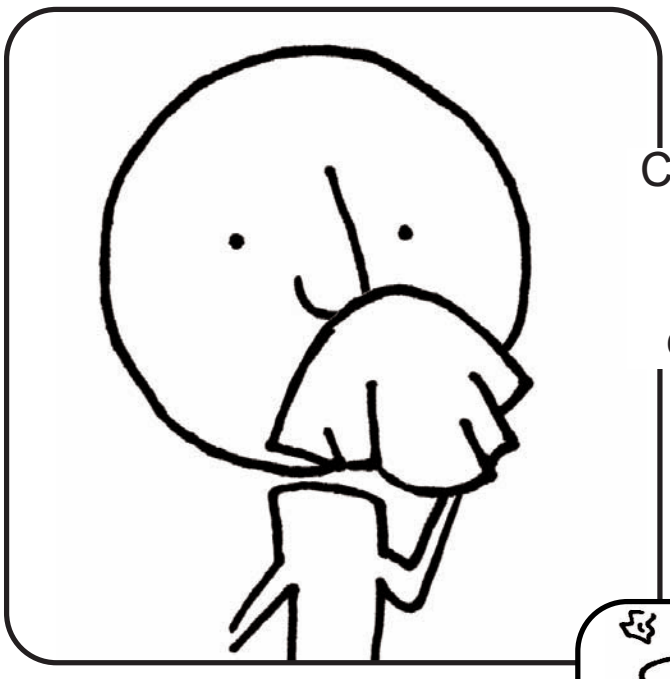
Stop the spread of germs that make you and others sick!

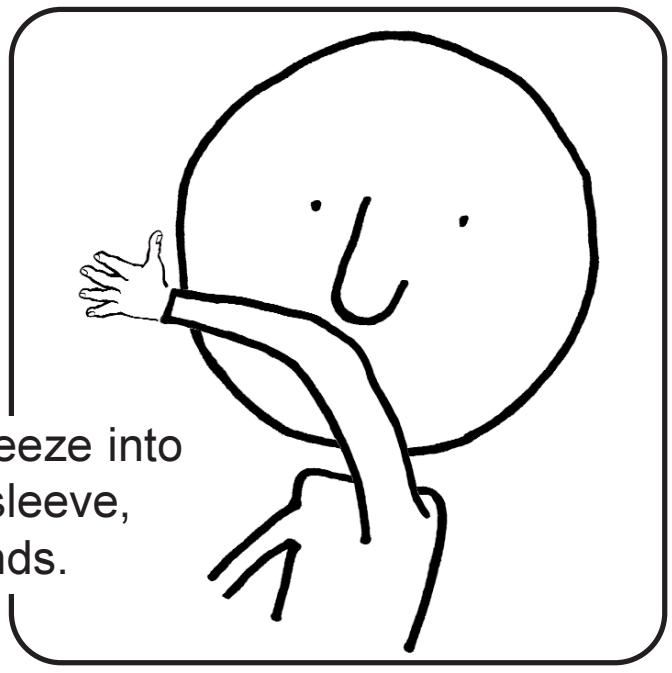
Cover your Cough

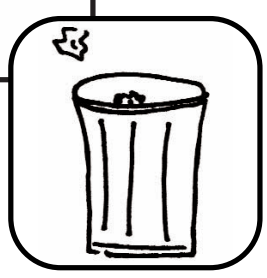


Cover your mouth and nose with a tissue when you cough or sneeze

or

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

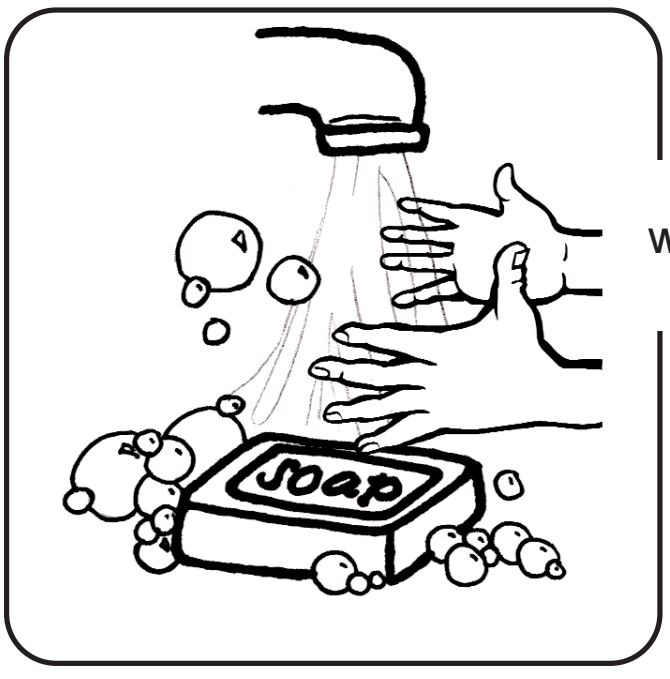




Put your used tissue in the waste basket.

Clean your Hands

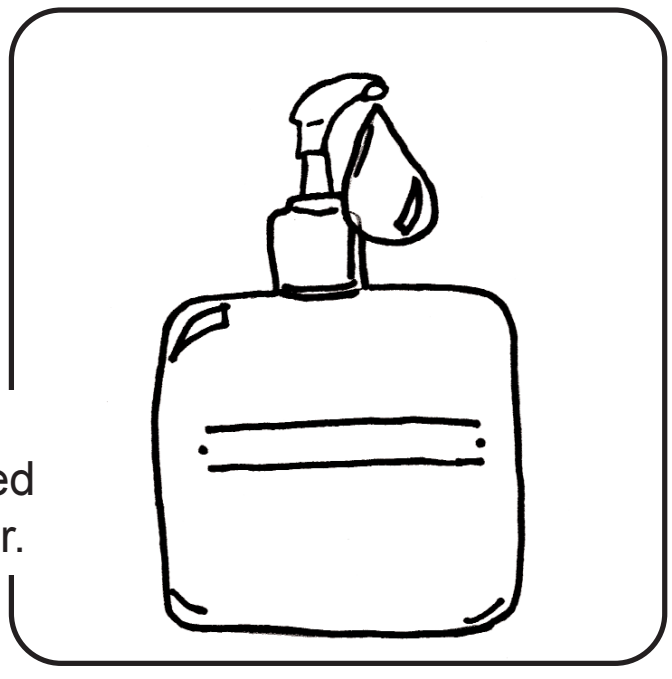
after coughing or sneezing.



Wash hands with soap and warm water

or

clean with alcohol-based hand cleaner.



Materials adopted from

Nebraska Department of Health and Human Services

dhhs.ne.gov/influenza
www.dhhs.ne.gov
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