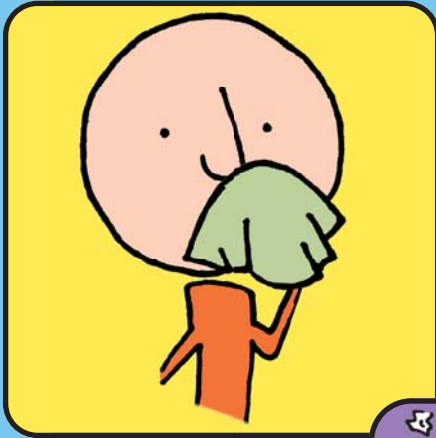


Stop the spread of germs that make you and others sick!

# 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.



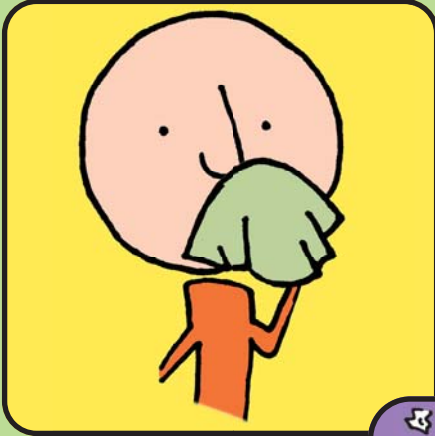
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¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

# Cubra su tos



Cubra su boca y  
nariz con un  
kleenex cuando  
tosa o estornude

o

tosa o estornude en la  
manga de su camisa,  
no en sus manos.

Deseche el kleenex  
sucio en un basurero.



# Lávese las manos después de toser o estornudar



Lávese con agua  
tibia y jabón

o

límpiense con un  
limpiador de manos  
a base de alcohol.



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