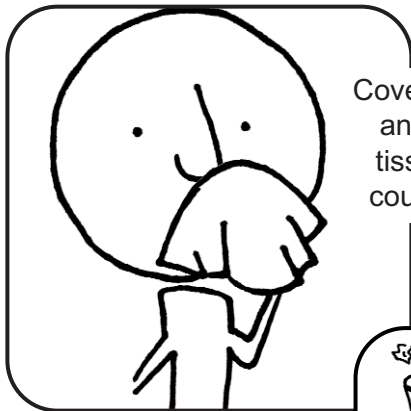


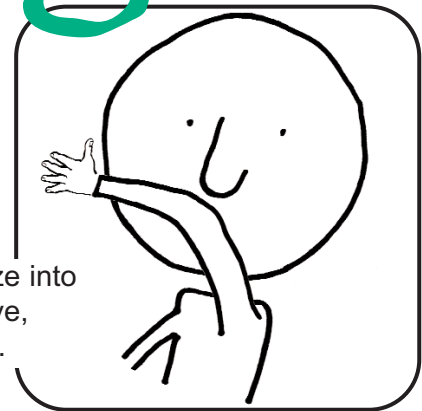
Stop the spread of germs that make you and others sick!

# Cover your Cough

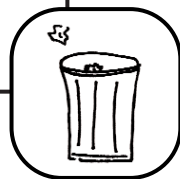


Cover your mouth and nose with a tissue when you cough or sneeze

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



Put your used tissue in the waste basket.

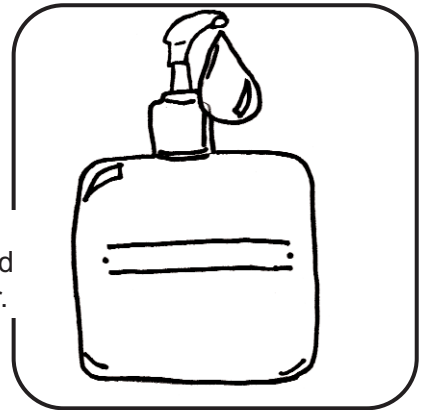


# Clean your Hands

 after coughing or sneezing.

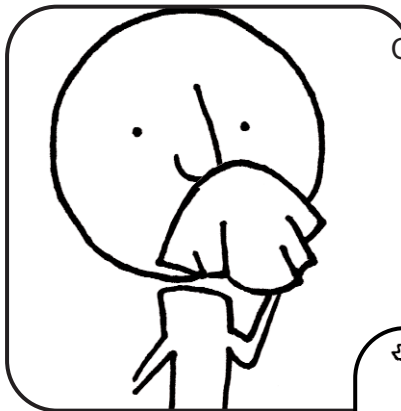
Wash hands with soap and warm water

or  
clean with alcohol-based hand cleaner.



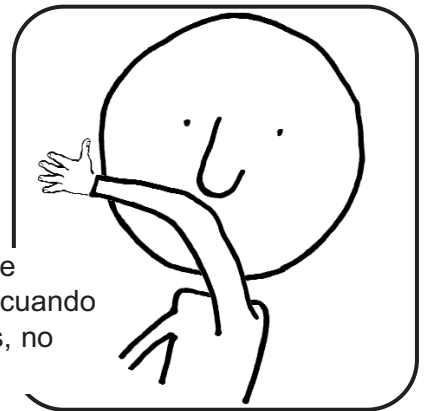
¡Detén el contagio de gérmenes que te enferman a ti y a otros!

# Cúbrete al toser



Cúbrete la boca y nariz con un pañuelo cuando tosas o estornudes

o cúbrete con la parte superior del brazo cuando tosas o estornudes, no con las manos.

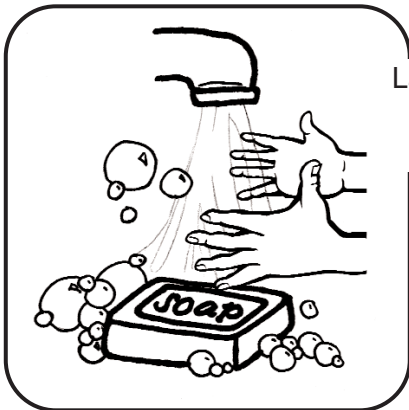


Tira el pañuelo usado a la basura.



# Lávate las manos

después de toser o estornudar.



Lávate las manos con agua tibia y jabón

o utiliza un limpiador de manos a base de alcohol.

