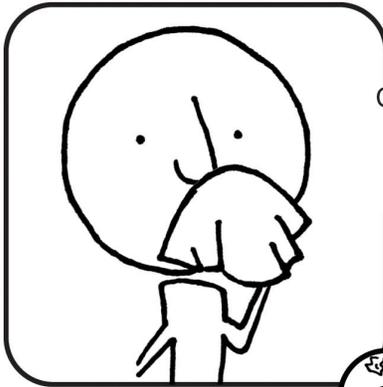
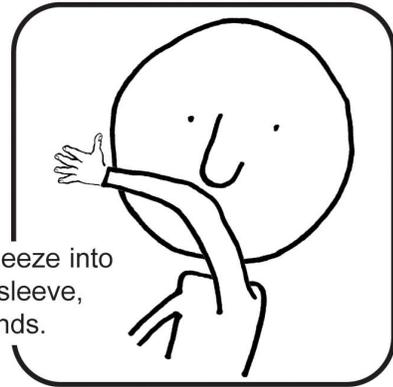


Stop the spread of germs that make you and others sick!

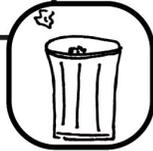
# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze *or* cough or sneeze into your upper sleeve, not your hands.

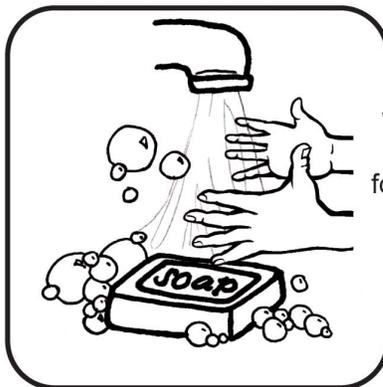


Put your used tissue in the waste basket.



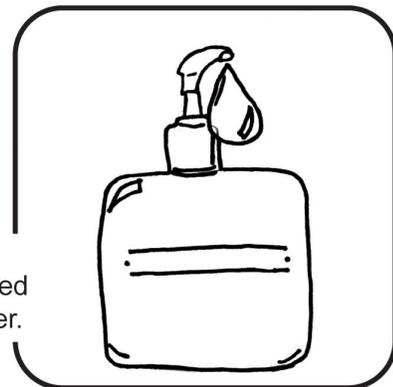
# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

*or*  
clean with alcohol-based hand cleaner.



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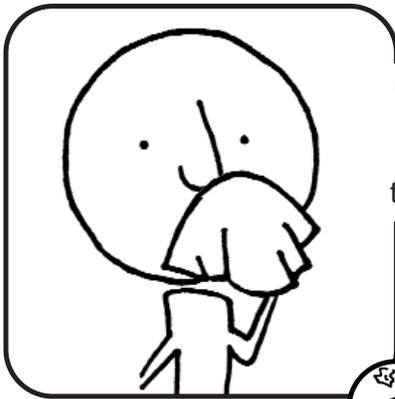


 Advocate Health Care

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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

or

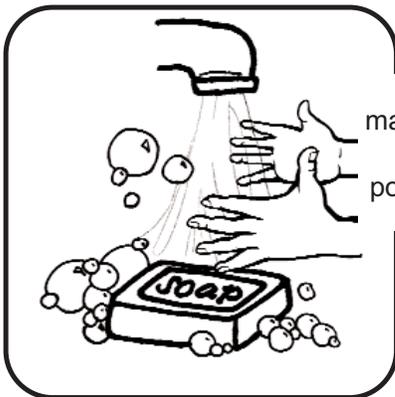
tosa o estornude en la manga de su camisa, no en sus manos.



Deseche el kleenex sucio en un basurero.



## Lávese las manos después de toser o estornudar.



Lávese las manos con jabón y agua tibia por 20 segundos

o

límpielas con un limpiador de manos a base de alcohol.



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