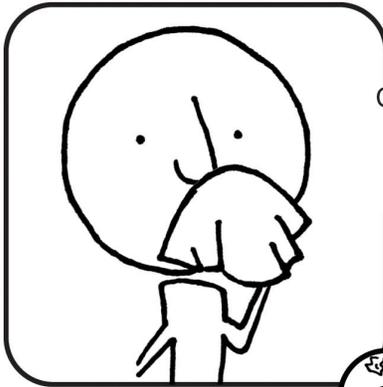
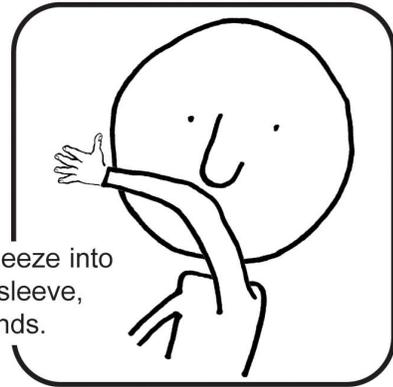


Stop the spread of germs that make you and others sick!

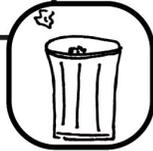
# Cover your Cough



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

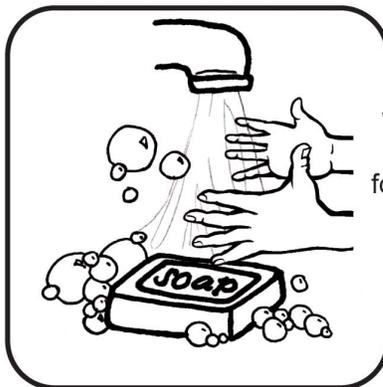


Put your used tissue in the waste basket.



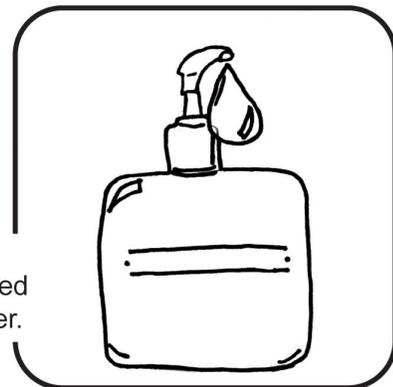
# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

*or*  
clean with alcohol-based hand cleaner.



Minnesota Department of Health  
717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
www.health.state.mn.us



Minnesota  
Antibiotic  
Resistance  
Collaborative

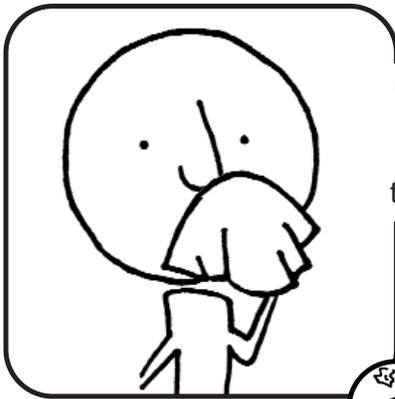


 Advocate Health Care

advocatehealth.com

¡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

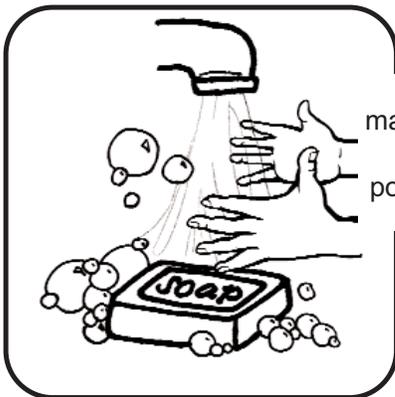
tosa o estornude en la manga de su camisa, no en sus manos.



Deseche el kleenex sucio en un basurero.



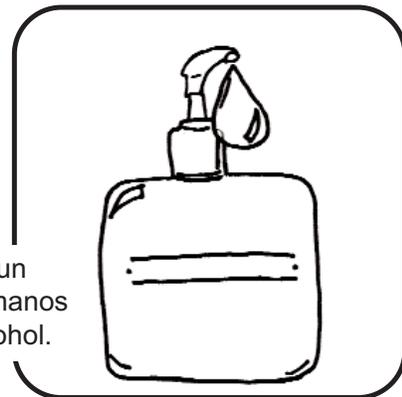
## Lávese las manos después de toser o estornudar.



Lávese las manos con jabón y agua tibia por 20 segundos

o

límpielas con un limpiador de manos a base de alcohol.



Minnesota Department of Health  
717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)



Minnesota  
Antibiotic  
Resistance  
Collaborative



 Advocate Health Care

[advocatehealth.com](http://advocatehealth.com)