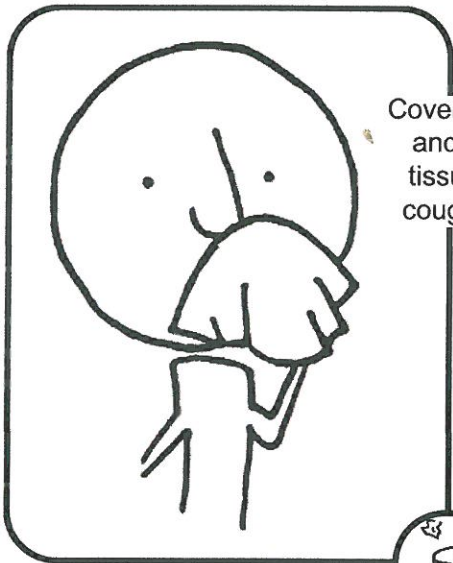
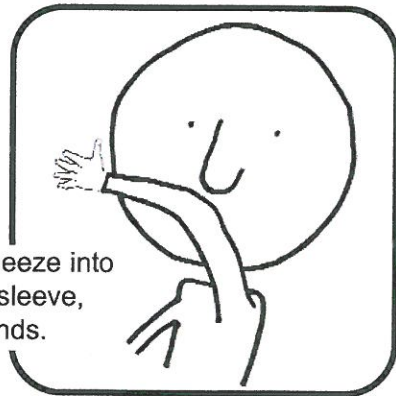


Stop the spread of germs that make you and others sick!

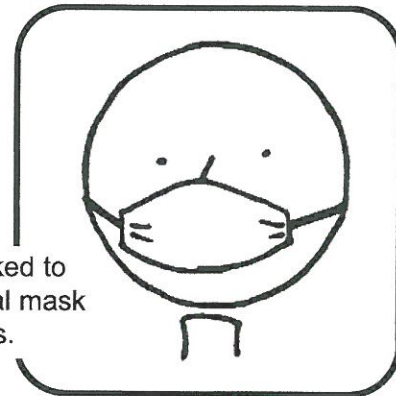
# Cover your Cough



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



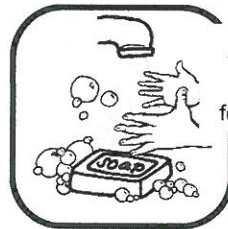
Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

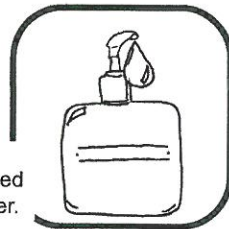
## Clean your Hands

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](http://www.health.state.mn.us)

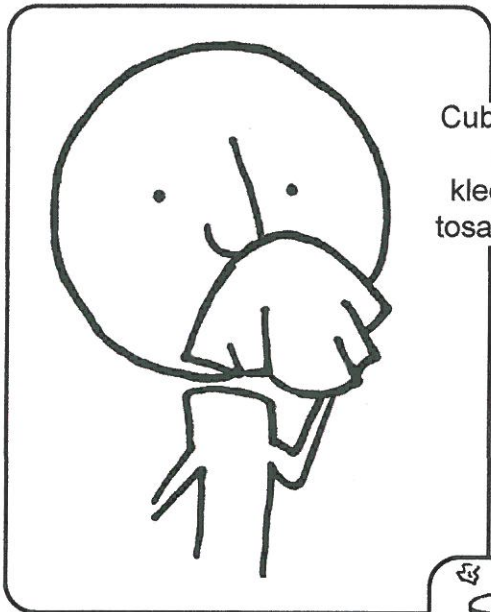


Minnesota  
Antibiotic  
Resistance  
Collaborative



¡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.

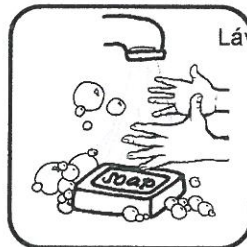


Deseche el kleenex sucio en un basurero.



Quizás le pidan ponerse una mascarilla quirúrgica para proteger a otras personas.

Lávese  
las  
manos  
después de toser o estornudar.



Lávese las manos con jabón y agua tibia

o límpielas con un limpiador de manos a base de alcohol.

