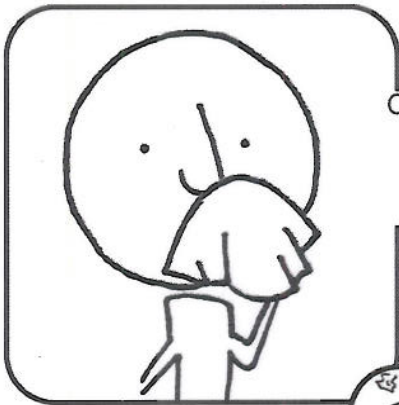


Stop the spread of germs that make you and others sick!

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.

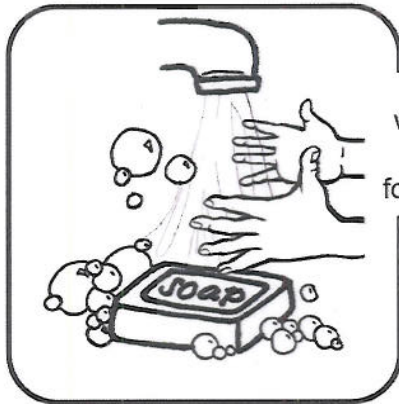


Put your used tissue in the waste basket.



Clean your Hands

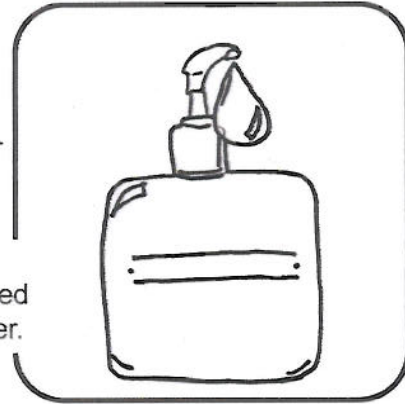
after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or

clean with alcohol-based hand cleaner.



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Minnesota
Antibiotic
Resistance
Collaborative



Wash Your Hands

with soap and warm water for 15-20 seconds

Protect yourself. prevent disease!



Lave sus Manos

con jabón y agua tibia por 15-20 segundos

¡Protéjase a usted mismo. Prevenga enfermedades!

Լվացե՛ք Ձեր Ձեռքերը 請洗手 손을 씻읍시다

Nhớ rửa tay ត្រូវលាងដៃរបស់អ្នក โปรดล้างมือ

Мойте руки MAGHUGAS NG KAMAY اغسل يديك

دست هایتان را بشوید

For more information, visit
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