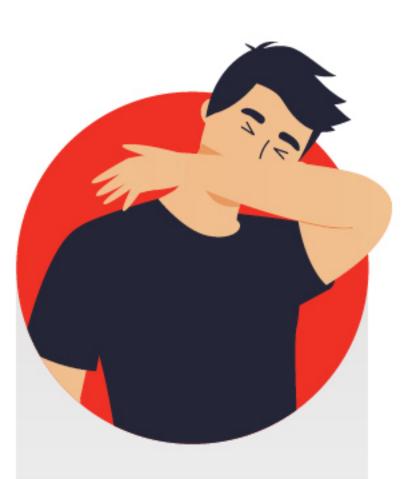# COVER YOUR COUGH

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

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

Put your used tissue in the waste basket.

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

Wear a mask in public to protect others.

ARIZONA DEPARTMENT OF HEALTH SERVICES