

STOP the Spread of **GERMS!**



Cover Your Cough



Cough
or sneeze
into your
upper sleeve,
not your
hands.

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



Clean Your Hands after coughing or sneezing

Wash hands
with soap and
warm water for
20 seconds.



Clean
hands with
alcohol-based
sanitizer.



Learn more by visiting
[FloridaHealth.gov](https://www.floridahealth.gov)

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HEALTH