

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

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HEALTH