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 or clean with alcohol-based hand cleaner.

Put your used tissue in the waste basket.

Missouri Department of Health and Senior Services
866-628-9891
health.mo.gov

This health information is part of Missouri’s pandemic influenza educational efforts.

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