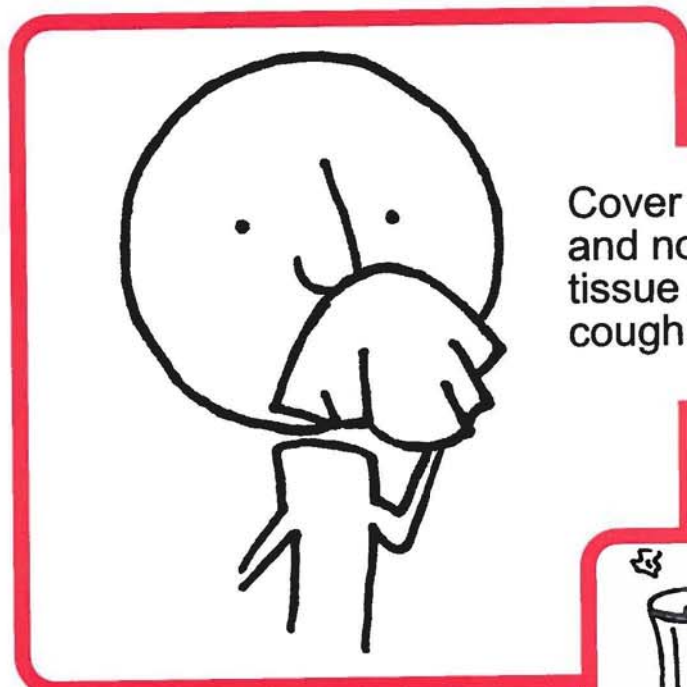


# Keep Germs to Yourself!

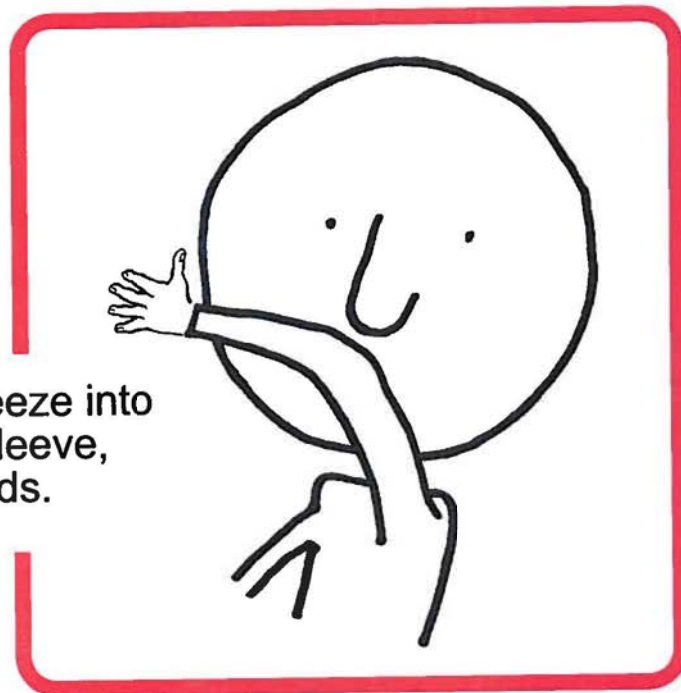
## Cover your Cough



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

OR

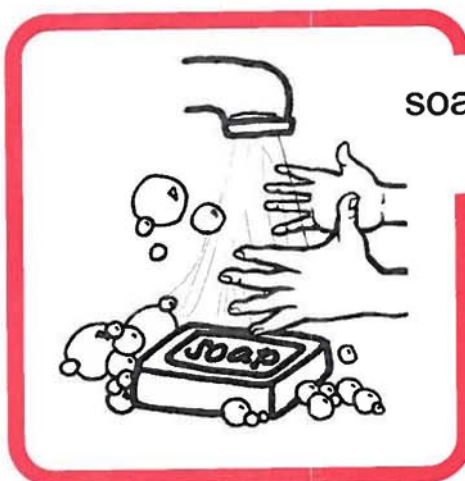
cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



## Clean your Hands after coughing or sneezing.



Wash with soap and water

OR

clean with alcohol-based hand cleaner.



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

For more information, call the Hawaii Department of Health at 586-8332

Neighbor island calls are toll-free at 1-800-933-4832