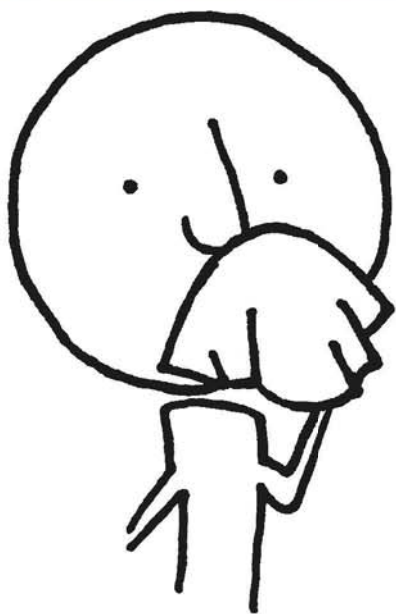


Keep Germs to Yourself!

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