

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

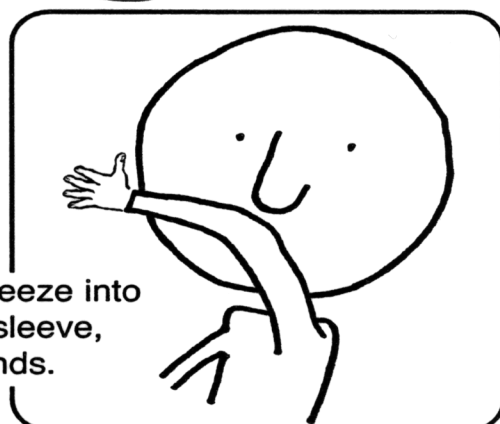
# Cover your Cough

Duxbury Bay  
Area Regional  
medical  
reserve  
corps



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

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

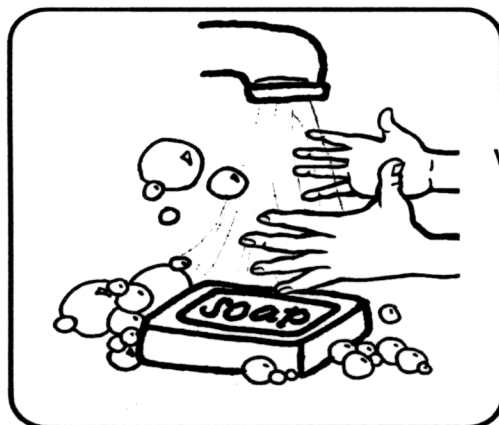


Put your used tissue in  
the waste basket.



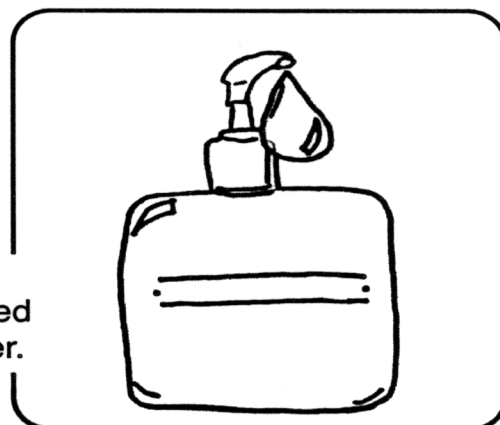
# Clean your Hands

after coughing or sneezing.



Wash hands  
with soap and  
warm water

or  
clean with  
alcohol-based  
hand cleaner.



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INFECTION CONTROL AND EPIDEMIOLOGY, INC.