



cover your Cough

Send em' packing... Keep germs from attacking!

How to effectively cover your cough:

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.
- If you don't have a tissue, cough or sneeze into your sleeve.
- After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.



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