If You Cough or Sneeze:

- Cover nose and mouth with a tissue!
- Wash your hands with soap and water or an alcohol-based hand cleaner after sneezing or coughing!

Maintain a Clean Environment:

- Throw tissues directly into a waste can!
- Wash your hands before you eat and after using the restroom!
- Wipe down your phone, computer keyboard and other work areas with alcohol-based hand wipes or other sanitizers!

Stop Germs and Stop Colds and Flu.