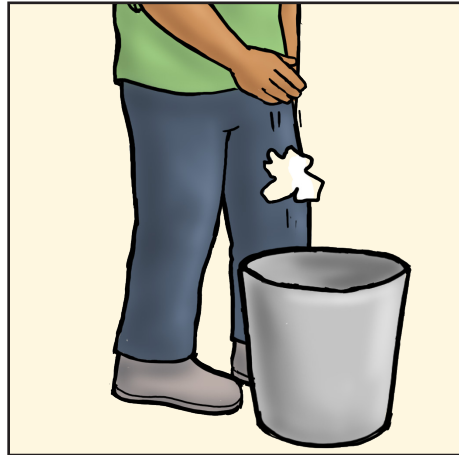


You can help stop the spread of germs that make you and others sick!

# Cover your cough.



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



**and** discard your used tissue in the waste basket.



**or** Sneeze or cough into your upper sleeve if a tissue isn't handy.

# Clean your hands



after coughing or sneezing.

Wash your hands with soap and warm water for at least 20 seconds.

If soap and warm water aren't available, use a 60% alcohol-based hand sanitizer.



**CHALLENGER**  
SCHOOL