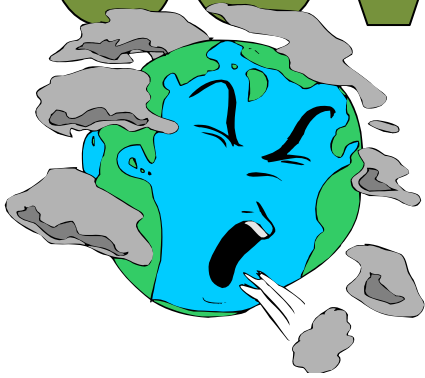


COVER your cough!



- 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, sneeze or cough into your upper sleeve.
- Wash your hands or use alcohol based hand sanitizers after coughing/sneezing!

WASH your hands!

When washing hands with soap and water:

- Wet your hands with warm running water and apply soap.
- Rub hands together to make a lather and scrub all surfaces. (Get between each finger and wash up to your wrist!)
- Continue rubbing hands for 20 seconds. Need a timer? Sing the ABC's song.
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. Use a new dry paper towel to turn off the faucet

If soap and water are not available, use alcohol-based gel to clean hands.

- Apply a dime size amount of the product to the palm of one hand
- Rub the product over all surfaces of hands and fingers (get between each finger and wash up to your wrist!)
- Continue until hands are dry.



CLEAN your work area!