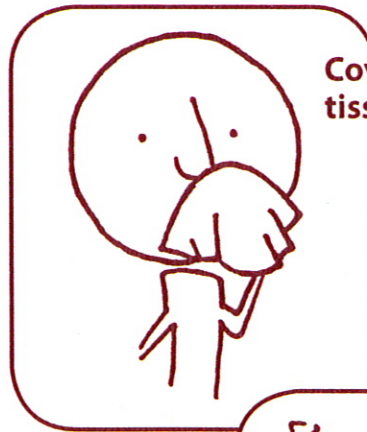




# Cover Your Cough



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

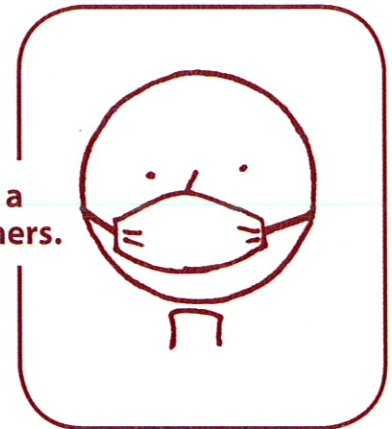
or  
cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.



Wash with soap and water

or  
clean with alcohol-based hand cleaner.



# Clean Your Hands

after coughing and sneezing.



**WASHINGTON  
MILITARY  
DEPARTMENT**

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