

Cover Your Cough The Right Way!

Use a tissue and
trash it
immediately,
then wash your
hands or use
alcohol - based
hand gel



OR
use your
sleeve: germs
don't grow or
spread from
your clothing



**When you cough
into your hands,
you spread germs
to everything and
everyone
you touch**

Additional information at <http://ads.health.ok.gov>



AN EQUAL OPPORTUNITY EMPLOYER
Designed by Marylee Braun-Wright

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