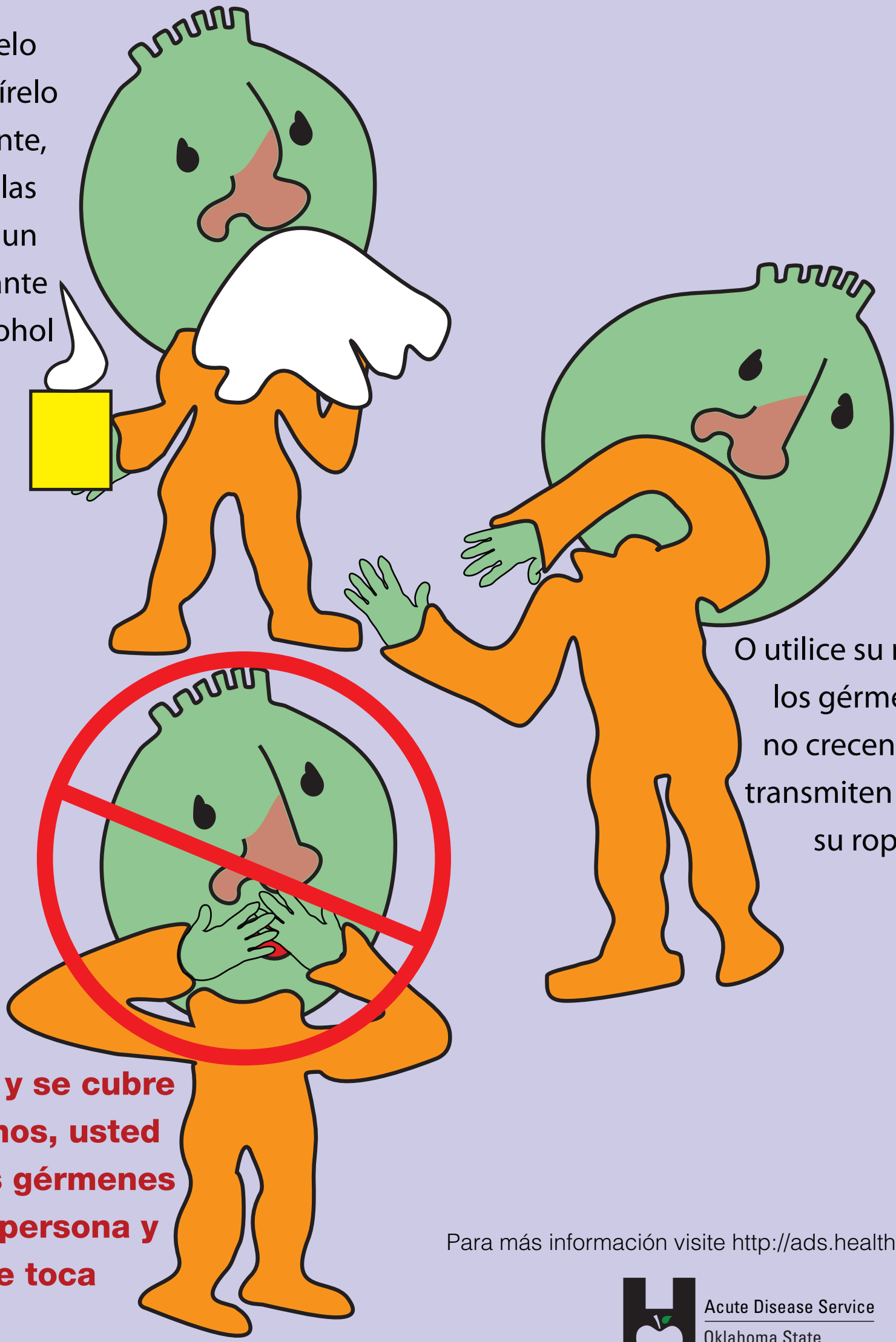
# ¡Cubra su tos de la manera correcta!

Use un pañuelo desechable y tírelo inmediatamente, luego lávese las manos o use un gel desinfectante basado en alcohol



O utilice su manga: los gérmenes no crecen ni se transmiten desde su ropa

**Cuando tose y se cubre con sus manos, usted transmite los gérmenes a cualquier persona y cosa que toca**

Para más información visite http://ads.health.ok.gov

Acute Disease Service
Oklahoma State Department of Health

AN EQUAL OPPORTUNITY EMPLOYER
Designed by Marylee Braun-Wright

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