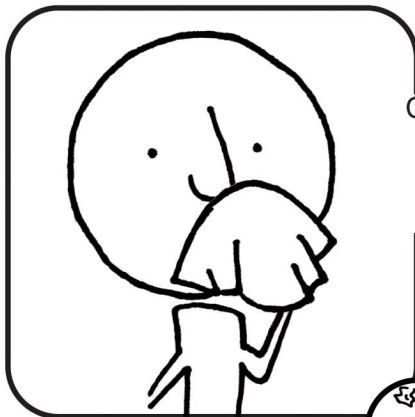


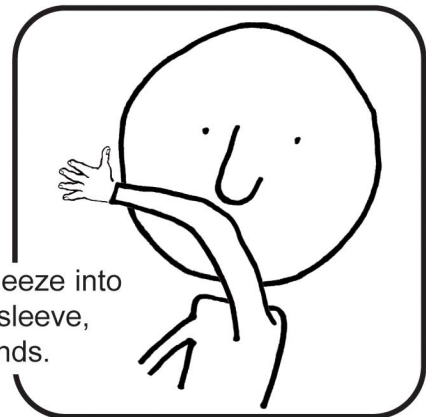
Stop the spread of germs that make you and others sick!

# Cover your Cough



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

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

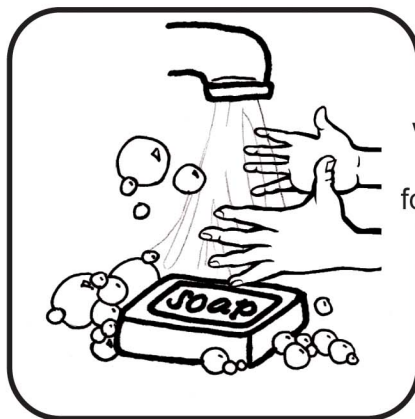


Put your used tissue in the waste basket.



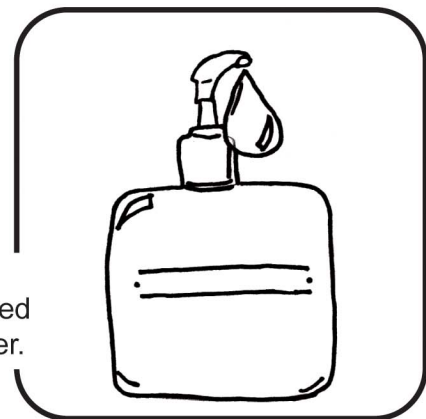
# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or  
clean with alcohol-based hand cleaner.



Minnesota Department of Health  
717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)

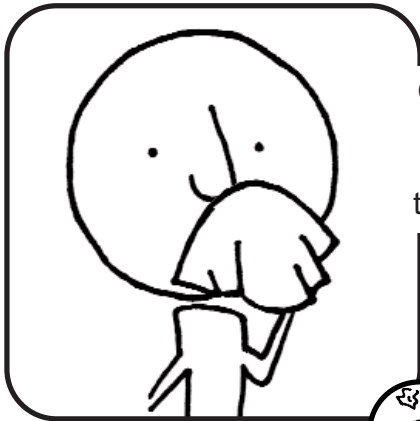


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¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

# Cubra SU tos



Cubra su boca y  
nariz con un  
kleenex cuando  
tosa o estornude

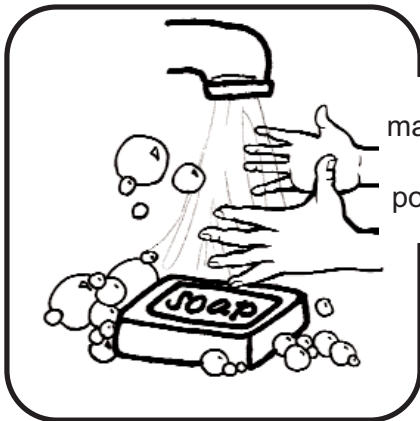
or

tosa o estornude en la  
manga de su camisa,  
no en sus manos.

Deseche el kleenex  
sucio en un basurero.



# Lávese las manos después de toser o estornudar.



Lávese las  
manos con jabón  
y agua tibia  
por 20 segundos

o

límpielas con un  
limpiador de manos  
a base de alcohol.



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