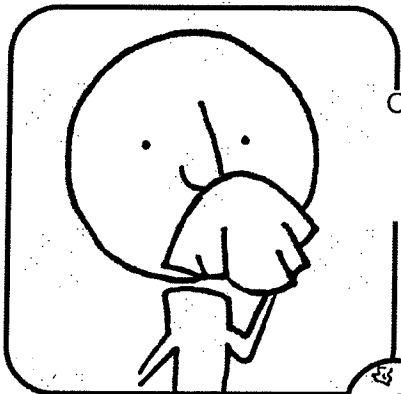


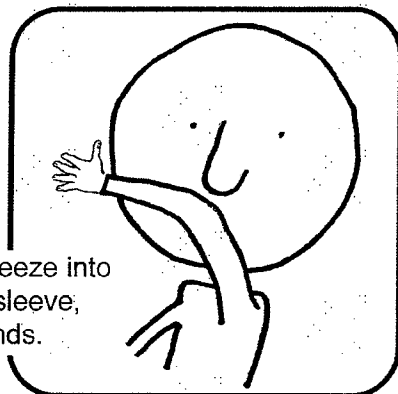
Stop the spread of germs that make you and others sick!

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.

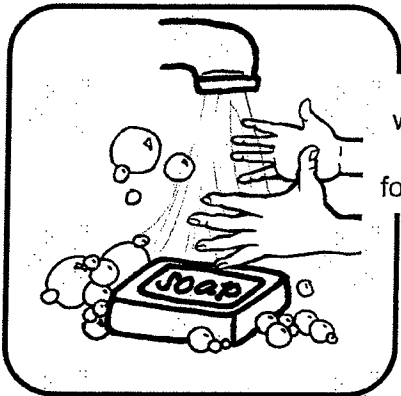


Put your used tissue in
the waste basket.



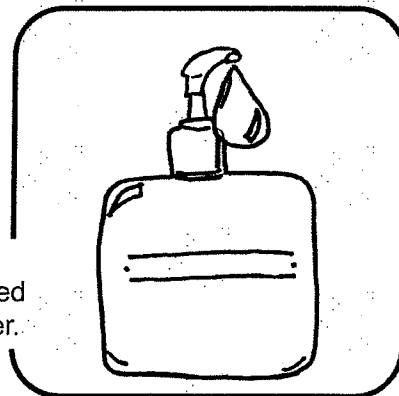
Clean your Hands

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

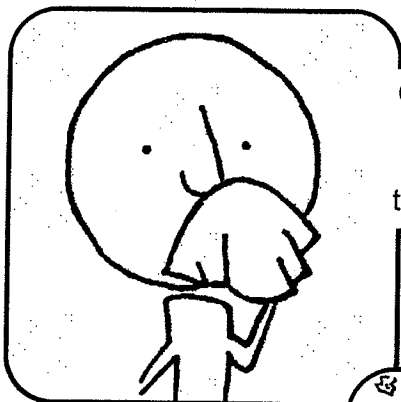


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¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

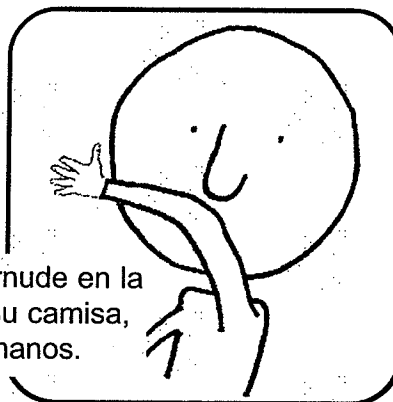
Cubra sus tos



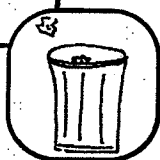
Cubra su boca y
nariz con un
kleenex cuando
tosa o estornude

or

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

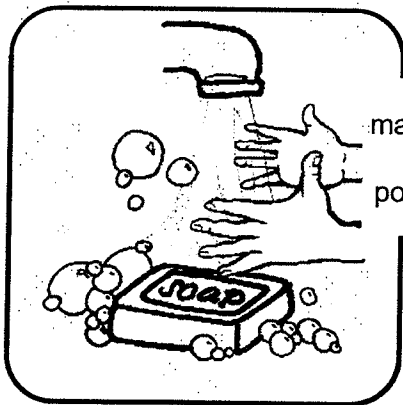


Deseche el kleenex
sucio en un basurero.



Lávese las manos

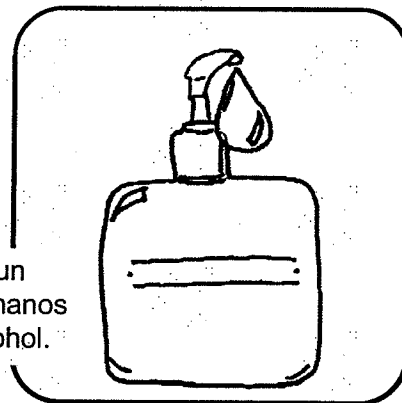
después de toser o estornudar.



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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