

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.

Put your used tissue in the waste basket.



OR

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



Clean Your Hands

After coughing or sneezing

Clean with alcohol-based hand cleaner.



OR

Wash hands with soap and warm water for 20 seconds.



Inland Empire Health Plan