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

or

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



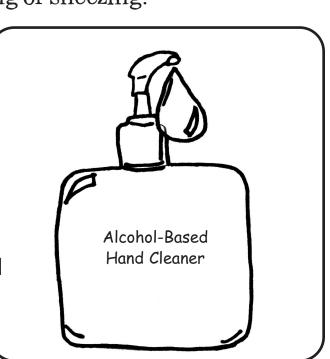


after coughing or sneezing.



Wash hands with soap and warm water

> or clean with alcohol-based hand cleaner.



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