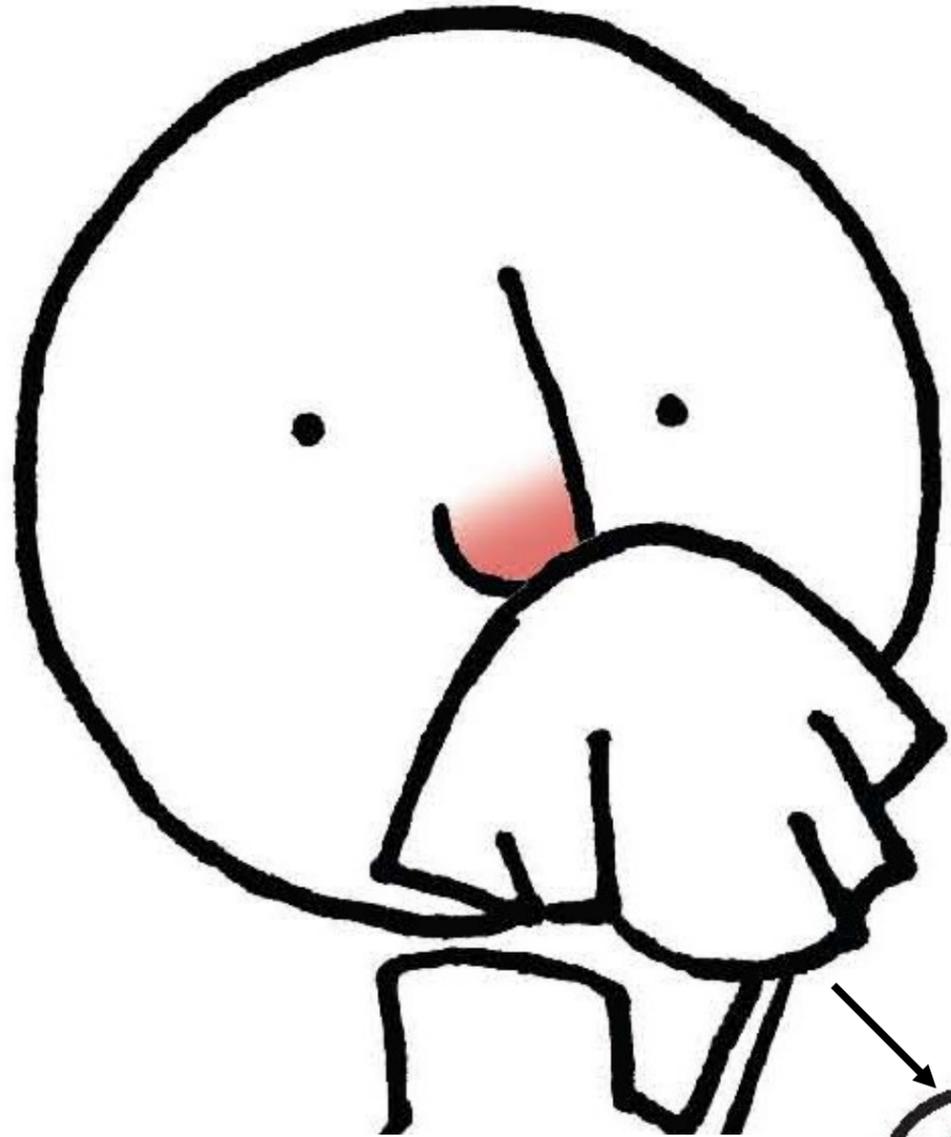
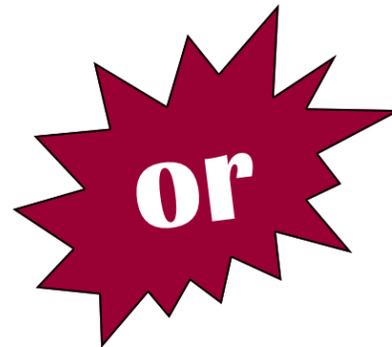


Cover your Cough

Stop the spread of germs!



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



**Cough or sneeze into your upper sleeve,
NOT YOUR HANDS.**

MCDH

McHenry County Department of Health
815-334-4510
www.mcdh.info

Graphic from the CDC - Centers for Disease Control and Prevention