

COVER YOUR COUGH

STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK!

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

or

Cough or sneeze into your upper sleeve **NOT** your hand



Dispose of your used tissue right away



WASH YOUR HANDS



Wash with soap and water **OR** Clean with alcohol based hand sanitizer

CLEAN & DISINFECT SURFACES

FLU VIRUS CAN REMAIN ON SURFACES FOR UP TO 48 HOURS*

Increase the cleaning frequency of germ hotspots such as sinks, door handles, desks and keyboards



*CDC, 2019, <https://www.cdc.gov/nonpharmaceutical-interventions/home/index.html>

CLEAN HANDS, CLEAN SPACES, STAY HEALTHY

TO LEARN MORE, **visit www.scjp.com**