Cover Your Cough or Sneeze

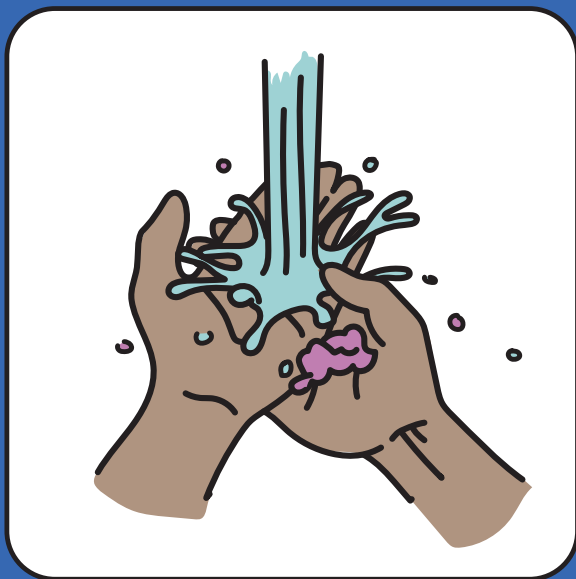**Cover your mouth and nose** with a tissue when you cough or sneeze.

or

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

Wear a face covering in public if you are sick. A face covering can protect those around you by preventing the spread of germs.

Wash Your Hands After

Wash with soap and water.

or

Clean with alcohol-based hand sanitizer.

Hand Sanitizer

Stop the spread of germs that make you and others sick! For more information, visit **nyc.gov/health**.

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