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.

or

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

You may be asked by a health care provider to wear a face mask in public. Don’t worry if you see others wearing masks. They are preventing the spread of germs.

Put your used tissue in a waste basket.

Wash Your Hands

after coughing or sneezing.

Wash with soap and water.

or

Clean with alcohol-based hand sanitizer.

For more information, visit nyc.gov/health/flu.

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