Help stop the spread of germs!

**Cover your cough**

- Cover your nose or mouth with a tissue and throw it away (do not reuse!)
- Cover your nose or mouth and cough into your sleeve or upper arm

**Clean your hands**

- Wash with warm water and soap for 20 seconds
- Clean with alcohol-based hand sanitizer for 20 seconds

For information contact:
519-575-4400  Deaf and hard of hearing (TTY) 519-575-4608
www.regionofwaterloo.ca/ph