

# Help stop the spread of germs!

# Cover your cough



or



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



or



Wash with warm water and soap. Lather and scrub for at least 15 seconds.

Clean with alcohol-based hand sanitizer and rub hands together for at least 15 seconds.



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES

**For information contact:**

519-575-4400 Deaf and hard of hearing (TTY) 519-575-4608  
[www.regionofwaterloo.ca/ph](http://www.regionofwaterloo.ca/ph)