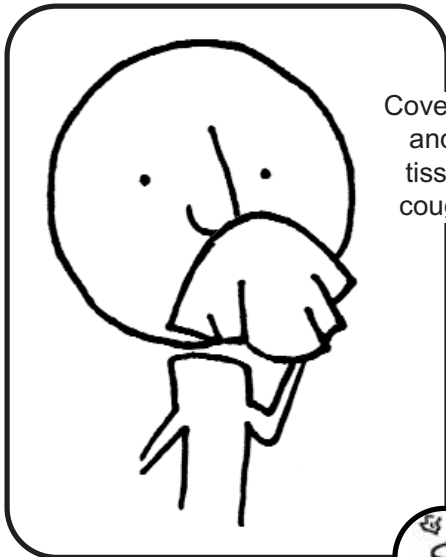


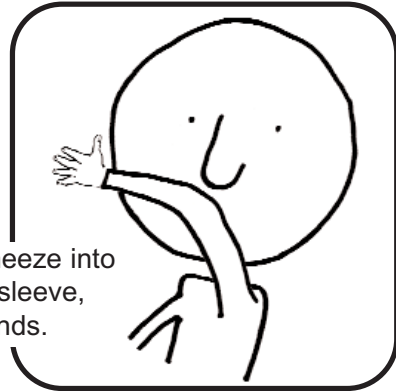
Stop the spread of germs that make you and others sick!

The Leeds, Grenville & Lanark District Health Unit
Call Brockville 613-345-5685 Smiths Falls 613-283-2740 or 1-800-660-5853

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.



Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.



Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds or

clean with alcohol-based hand cleaner.



Minnesota Department of Health
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Minneapolis, MN 55414
612-676-5414 or 1-877-676-5414
www.health.state.mn.us



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