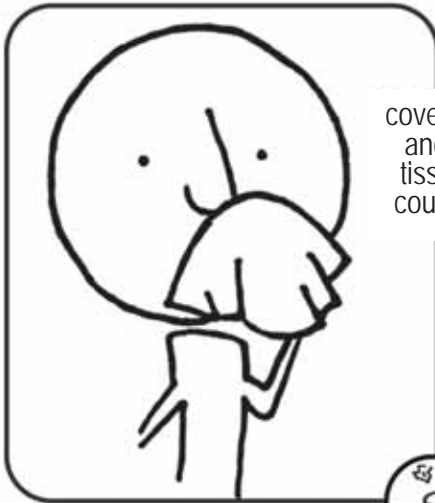


Stop the spread of germs that make you and others sick!

RESPIRATORY ETIQUETTE

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 with soap & water

or clean with alcohol-based hand cleaner.



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