

# Cover Your Cough or Sneeze

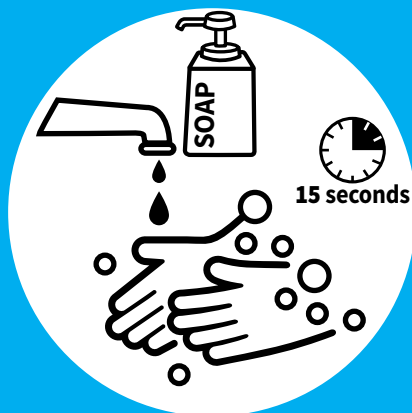
**1** | Cover your cough or sneeze



**2** | Put your used tissue in the garbage



**3** | Wash hands with liquid soap and water



OR

Clean with alcohol-based hand sanitizer



1-800-361-5653  
TTY: 1-866-252-9933



York Region Health Connection

**Community and Health Services**  
Public Health

[www.york.ca](http://www.york.ca)

