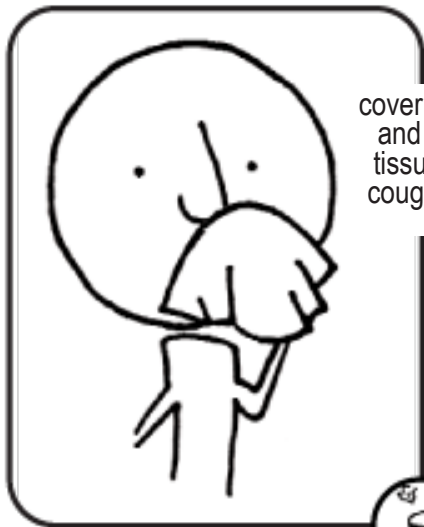


Stop the spread of germs that make you and others sick!

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
717 SE Delaware Street
Minneapolis, MN 55414
612-676-6414 or 1-877-676-6414
www.health.state.mn.us



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Leeds, Grenville
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**HEALTH
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2072 Dec 2017

The Leeds, Grenville & Lanark District Health Unit

For more information call 1-800-660-5853 or visit www.healthunit.org