



USE A TISSUE

**BE A GERM STOPPER.**



**COVER MOUTH AND NOSE**



**CLEAN HANDS**

## **Cover Coughs and Sneezes. Clean Hands.**

Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

### **Clean your hands a lot**

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

**Washing hands with soap and water is best.** Wash long enough to sing the “Happy Birthday” song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

**Stop germs. And stop colds and flu.**



[www.cdc.gov/germstopper](http://www.cdc.gov/germstopper)