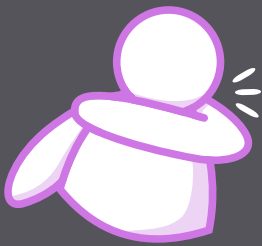




COVER YOUR COUGH



Cover your mouth and nose with a tissue when you cough or sneeze.



No tissue? Cough or sneeze into your upper sleeve or your elbow.
DO NOT cough or sneeze into your hands.



Facemasks are great for protecting others around you if you are sick.



Wash hands often with soap and water for at least 20 seconds. If soap and water is not available, use an alcohol-based hand sanitizer.

CAMERON COUNTY PUBLIC HEALTH

956-24/7-3650

cameroncounty.us/publichealth

