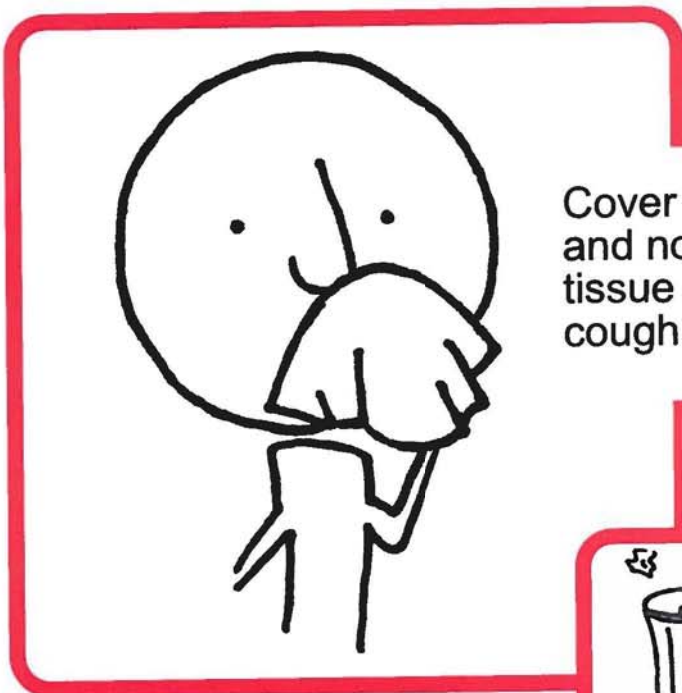


Keep Germs to Yourself!

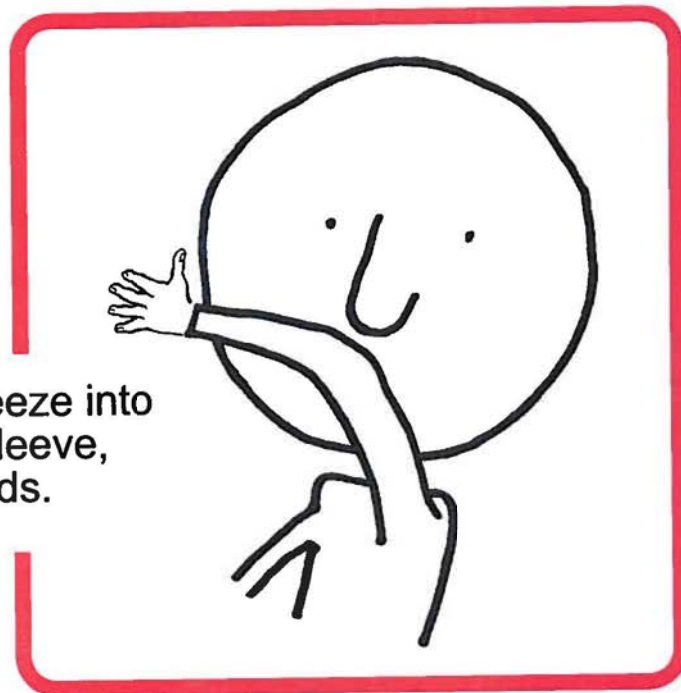
Cover your Cough



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.



Clean your Hands after coughing or sneezing.



Wash with soap and water

OR

clean with alcohol-based hand cleaner.



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

For more information, call the Hawaii Department of Health at 586-8332

Neighbor island calls are toll-free at 1-800-933-4832