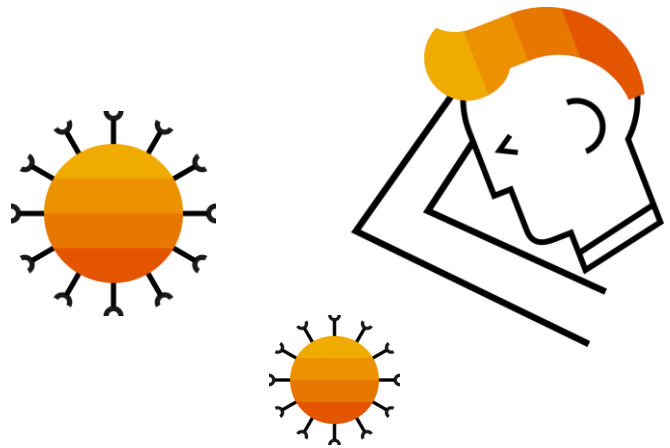


Maintain Respiratory Hygiene



Help stop the spread of germs:

- Cough or sneeze into a disposable tissue, then throw it directly in the trash and wash your hands immediately.
- If no tissue is available, cough or sneeze into your elbow and turn away from nearby people.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear a mask (e. g. disposable surgical or re-usable woven mask) when in contact with other people