



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

**When you cough or sneeze...  
Cover your mouth and nose with  
a tissue or your upper sleeve.**

**Do not use your hand!**

**Put your used tissues in  
the waste basket after each use**



**Clean your hands with soap  
and water or alcohol-based  
hand cleaner:**

- **after coughing or sneezing**

**Stay home if you have  
a fever and cough,  
runny nose or diarrhea....!**



**Region of Peel**  
Working for you  
Public Health