

# You can fight germs and protect other people



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



or

Cough or sneeze into the **top of your sleeve**, not into your hands



Put your tissue in the **garbage**




**Wash your hands** often with soap



## Stop cold and flu bugs

Agence de développement de réseaux locaux de services de santé et de services sociaux

Québec 

Santé publique