



When you need to cough or sneeze... cover it to **stop the spread of germs**

Tell your health care provider immediately if you have any of these symptoms: fever, headache, tiredness, dry cough, sore throat, nasal congestion or body aches

Cover Coughs and Sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze
or
- **Cough or sneeze into your upper sleeve**, not your hands
- Drop your used **tissue in a waste basket**

If Asked, Wear a Mask

- Secure ties behind head or place elastic bands behind ears
- Fit flexible band at top of mask to bridge of nose
- Fit mask snug to face and below chin

Wash Your Hands

- **Wash and scrub hands** with soap and water for at least 20 seconds
or
- If soap and water are not available, use an alcohol-based hand cleaner

Especially:

- After using the restroom
- After blowing your nose, coughing or sneezing
- Before, during, and after preparing food
- Before and after caring for someone who is sick
- Before touching your eyes, mouth, or nose



Public Health
Prevent. Promote. Protect.

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For more information, contact your installation's
Department of Public Health.