

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 la santé et des services sociaux de la Montérégie

Québec

Developed by the Direction de santé publique of the Agence de la santé et des services sociaux de Montréal in collaboration with the Direction de santé publique of the Agence de la santé et des services sociaux de la Montérégie

