

# Don't Spread Sickiness!

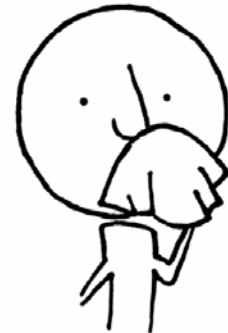
## 1 Wash your hands

Wash regularly with soap for at least 10-20 seconds. Do it after you sneeze or cough, after you use the bathroom, before you eat, and before you touch your eyes, nose or mouth.



## 2 Cover your cough

When you cough or sneeze cover it with a tissue, or with the back of your sleeve. In some cases you may need to wear a mask to protect others. Always throw used tissues in the bin.



## 3 Stay at home if you feel sick

Rest at home until you feel better. Avoid seeing too many other people.

