

Did you cover your cough?

PANDEMIC FLU

YOUR HEALTH IS IN YOUR HANDS



- Cover your nose and mouth with a tissue every time you cough or sneeze. If you do not have a tissue, cough or sneeze into your upper arm or sleeve.
- Stay at least 6 feet away from someone who is coughing or sneezing.
- Wash your hands several times a day with soap and water or use alcohol-based (60% minimum) hand sanitizer.

ADPH.CEP.CoverYourCough.Female.082609.DD

ADPH

EMERGENCY PREPAREDNESS

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For more information, please call 1.866.264.4073 • www.adph.org