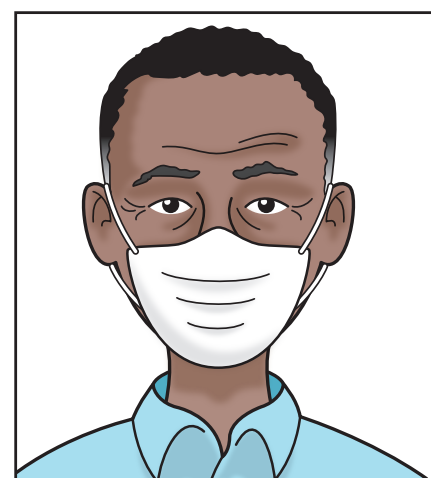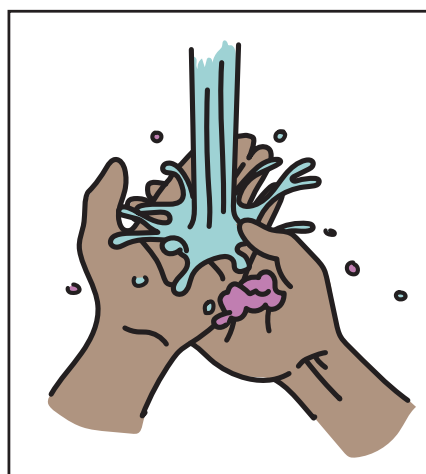# Cover Your Cough or Sneeze

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

OR

Cough or sneeze into your upper sleeve, not your hands.

Wear a face covering in public if you are sick. A face covering can protect those around you by preventing the spread of germs.

Wash Your Hands After

Wash with soap and water.

OR

Clean with alcohol-based hand sanitizer.

Brooklyn College

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