SERIOUS RESPIRATORY ILLNESSES SUCH AS THE CORONAVIRUS (COVID-19) ARE SPREAD IN PART BY NOT COVERING YOUR NOSE AND MOUTH WHEN COUGHING AND SNEEZING.

HELP STOP THE SPREAD OF GERMS:

• Cover your mouth and nose with a tissue or your sleeve, NOT YOUR HANDS, when you cough or sneeze.

• Put your used tissue in the trash.

• Wash your hands promptly with soap and water for 20 seconds.

• If soap and water aren’t readily available, use an alcohol-based hand sanitizer (at least 60% alcohol) until you can wash up.

LEARN MORE AT WWU.EDU/CORONAVIRUS