

A close-up photograph of a woman with long brown hair, wearing a yellow sweater, coughing into her right elbow. Her eyes are closed and her face is slightly contorted. The background is white.

COVER COUGHS AND SNEEZES!

With each cough or sneeze, your body is expelling germs at a speed of over 150 kilometers an hour!

When you cough or sneeze, use a tissue or the inside of your elbow to keep your germs from spreading to the people around you. Do your part to stop the spread of infectious diseases!

**STOPPING THE SPREAD
STARTS WITH YOU!**