Stop Germs, Stay Healthy!

Cover your cough and sneezes.

Wash your hands often (for 20 seconds each time)

Use an alcohol based hand cleaner.

Stay at home when you are sick.

Elimine gérmenes, manténgase saludable

- Cubra su boca al toser
- Lávese frecuentemente las manos o use gel a base de alcohol
- Quédese en casa cuando se sienta enfermo

Available in alternate formats

Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.
www.metrokc.gov/health
206-296-4600