¡Detenga los gérmenes, manténgase saludable!

Cúbrase cuando tosa y estornude.

Quédese en casa si está enfermo.

Stop Germs, Stay Healthy!

- Cover your cough and sneezes.
- Stay at home if you are sick.
- Use soap
- Wash hands often (for 20 seconds)
- Rinse well
- Dry with a towel

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

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