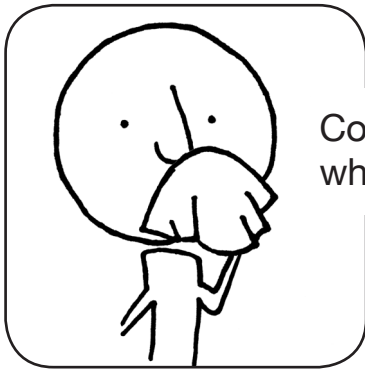
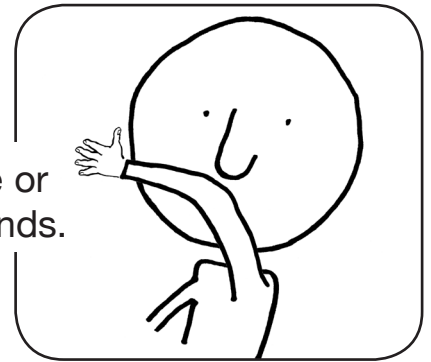


Stop the spread of germs that make you and others sick!

# Cover your Cough



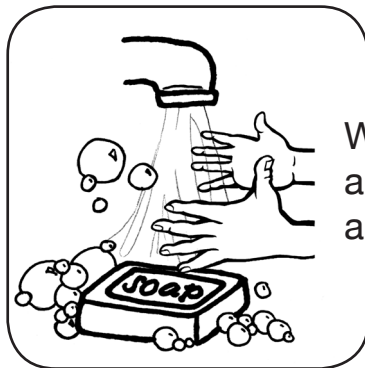
Cover your mouth and nose when coughing or sneezing.



Cough into a tissue or sleeve, not your hands.

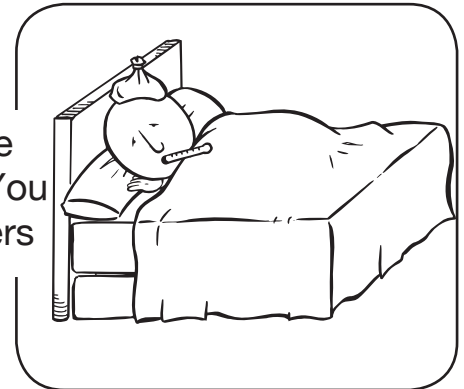
after you  
cough or sneeze

# Clean your Hands



Wash your hands with soap and water, or clean with an alcohol-based hand cleaner.

To prevent the spread of germs, avoid touching your eyes, nose or mouth.



If possible, stay home when you are sick. You will help prevent others from getting sick.

Avoid close contact with people who are sick.

[www.cityofchicago.org/health](http://www.cityofchicago.org/health)



City of Chicago  
Rahm Emanuel  
Mayor



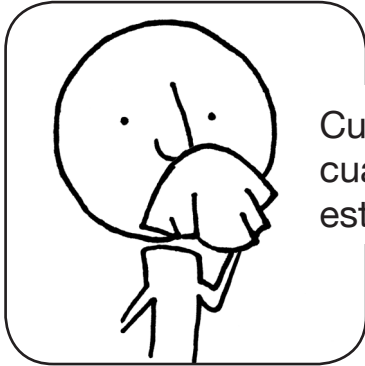
**HEALTHY  
CHICAGO**

CHICAGO DEPARTMENT OF PUBLIC HEALTH

Chicago Department of Public Health  
Julie Morita, M.D.  
Commissioner

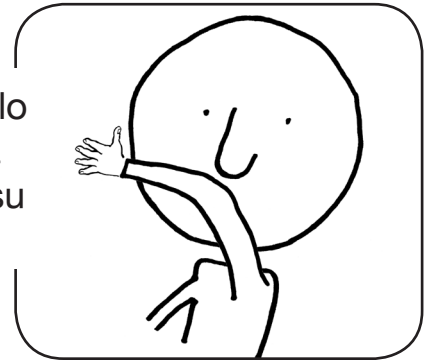
¡Prevenga la propagación de gérmenes!

# Cubra SU tos



Cubra su boca y nariz cuando tosa o estornude.

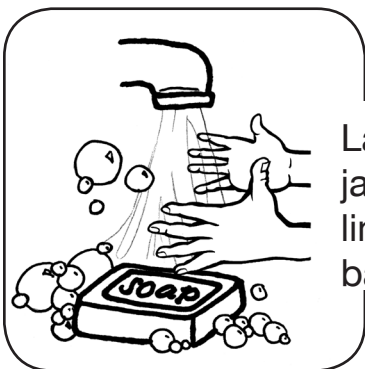
Tosa en un pañuelo de papel o manga de camisa no en su mano.



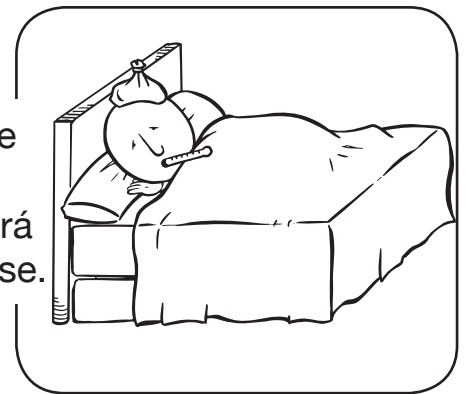
## Lávese las manos

Para prevenir la propagación de gérmenes, evite tocarse los ojos, nariz o boca.

Si es posible, quédese en casa cuando este enfermo/a. Les ayudará a otros a no enfermarse.



Lávese las manos con jabón y agua o utilice un limpiador de manos con base de alcohol.



Evite contacto cercano con personas quienes estén enfermos.

[www.cityofchicago.org/health](http://www.cityofchicago.org/health)



Ciudad de Chicago  
Rahm Emanuel  
Alcalde



**HEALTHY  
CHICAGO**

CHICAGO DEPARTMENT OF PUBLIC HEALTH

El Departamento de Salud Pública de Chicago  
Julie Morita, M.D.  
Comisionado