

covering your mouth

**CAN PREVENT
BAD JOKES,
DUMB QUESTIONS
AND THE SPREAD OF
VIRUS & COLD.**

Common sense is the practical approach to combating illness. The best way to help prevent the spread of any virus is through the practice of everyday, healthy habits. Always cover your cough or sneeze with a tissue, then throw the tissue in the trash. Always cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FOR MORE
INFORMATION,
VISIT [CDC.GOV](https://www.cdc.gov).**