

STOP THE SPREAD OF GERMS – BACTERIA – VIRUSES

# WHEN YOU OR **SNEEZE** OR **COUGH...**



Always **COVER** your **nose** and **mouth** with tissue or the inside of your arm.



Then **WASH** your **hands** with soap and warm water.

**\*Surgical masks** are designed to prevent you from transmitting germs to others. They are NOT designed to prevent you from inhaling others' germs.



**WorkSafe**  
SASKATCHEWAN

Work to live.