

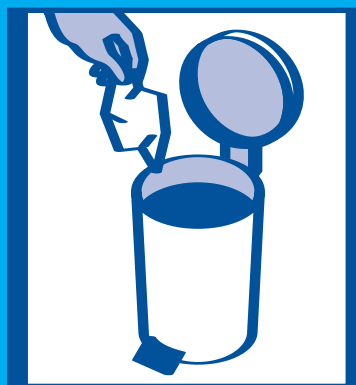
# Coughs and sneezes spread diseases



always carry  
tissues



cover your  
coughs and  
sneezes



throw used  
tissues in  
a bin



always clean  
your hands

## Stop germs spreading