

4 simple steps  
to help stop the  
spread of the  
COVID-19 virus.

# COVER YOUR COUGH AND SNEEZE

#StopTheSpread



**Near North**  
District School Board

**1**

Cover your mouth and nose with a tissue when you cough or sneeze.



**2**

Or cough and sneeze into your arm, but not into your hands.



**3**

Put your used tissue into the garbage as soon as you are done.



**4**

Wash your hands or use hand sanitizer after you cough or sneeze.

