Cover your mouth and nose with a tissue when coughing or sneezing

You can stop the spread of germs by keeping your germs to yourself!

Make sure to dispose of the tissue in the trash after you use it. Also, consider coughing or sneezing into your bent elbow, directing the sneeze or cough downward and avoiding contamination of hands.

For more information about how to prepare for flu season, visit www.albany.edu/h1n1