



**COUGH?
SNEEZE?
Cover it!
Don't spread it!**
Cover your coughs
and sneezes.
*Avoid spreading
the flu!*



Maryland Department of Health and Mental Hygiene
Martin O'Malley, Governor • Anthony G. Brown, Lt. Governor
John M. Colmers, Secretary, DHMH
www.dhnh.maryland.gov www.flu.gov www.cdc.gov