

COVER YOUR COUGH



Cover your mouth and nose when you cough or sneeze.



Put used tissue into the garbage.



If you don't have a tissue, cough or sneeze into your elbow.



Wash your hands with soap and water or hand sanitizer.

Southwestern Public Health

St. Thomas Site

1230 Talbot Street,
St. Thomas N5P 1G9
519-631-9900

Woodstock Site

410 Buller Street,
Woodstock N4S 4N2
519-421-9901

1-800-922-0096

