

# ***STOP ILLNESSES FROM SPREADING***

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



**Don't Make  
Someone  
Else Sick!**



**Wash  
your hands  
a lot.**



**Throw away  
the used  
tissue in a  
trash can.**

A MESSAGE FROM

**NEW MEXICO**  
DEPARTMENT OF  
**HEALTH**

*Building a Healthy New Mexico!*

**For more information contact: <http://www.epi.health.state.nm.us>**