

DO YOUR PART

# SLOW THE SPREAD OF GERMS



**Cover your coughs  
and sneezes**



**Stay home when  
you're sick**



**Wash your  
hands often**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

**Gargle**<sup>™</sup>

1-888-8GARGLE (427453)

For more information: [www.cdc.gov/npi](http://www.cdc.gov/npi)  
1-800-CDC-INFO (232-4636) | [www.cdc.gov/info](http://www.cdc.gov/info)