GALLUP MCKINLEY COUNTY SCHOOLS

Coughing and sneezing etiquette

Cover your mouth and nose with a tissue.
Dispose of your tissue properly.

If there is no tissue, cough or sneeze into the bend of elbow – not your hand.
If you sneeze or cough into hand, wash your hands as soon as possible.

WASH YOUR HANDS OFTEN
COVER YOUR MOUTH AND NOSE
STAY HOME IF YOU ARE SICK

CHECK FOR UPDATES@GMCS.ORG