

COVER YOUR COUGH AND SNEEZE

Proper coughing and sneezing etiquette to prevent the spread of infection

1



COVER your mouth and nose with a tissue when you cough or sneeze

2



Put your used tissue in a rubbish **BIN**

3



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**

4



WASH your hands with soap in running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.