

Protect yourself, your family
and your community

COVER your cough and sneeze

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



2 Put any used
tissues in the BIN.

3 No tissue? Cough or sneeze
into your upper sleeve or
elbow, **NOT YOUR HANDS.**



4 Wash hands with soap and running
water. Dry hands thoroughly with
paper towel.

