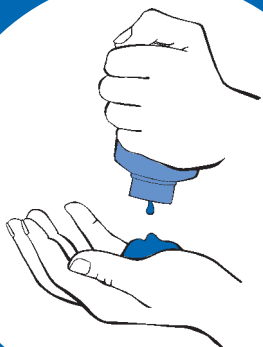
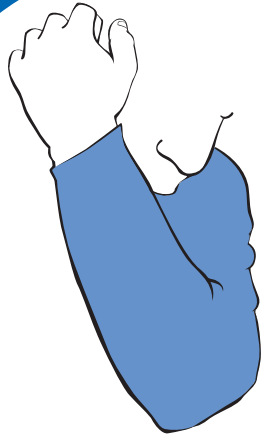


# COUGH ETIQUETTE

## COVER YOUR COUGH



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

OR

- Cover your mouth and nose using your upper sleeve, not your hands, when you cough or sneeze

- Put the used tissue in a waste basket

- Wash your hands with soap and water

OR

- Clean them with an alcohol-based hand rub if soap and water are not available

HELP  
PREVENT  
THE SPREAD OF  
INFECTION