If you need a TB or HIV test

COUGH

COVER YOUR

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PROTECT YOURSELF FROM INFECTION

When a sick person coughs or sneezes they can:

- Propel airborne germs into the air that others inhale

- Spray droplets directly on to you

- Splash and spray germs onto surfaces that you touch

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PPE and MASKS

Masks are useful if:

- **<u>You</u> are sick**

- **If you are caring for someone who is sick**

- **You work in health care**

COVER YOUR COUGH
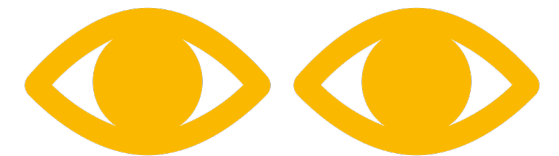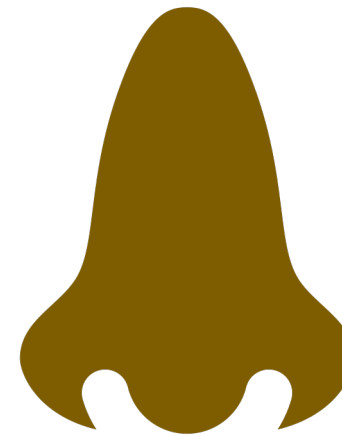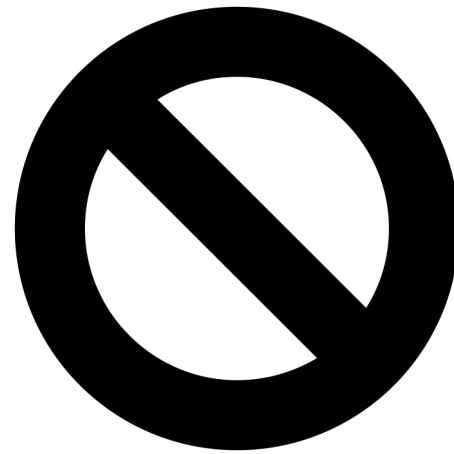Businesses for Health:
TB Toll Free Infoline 7676 2482
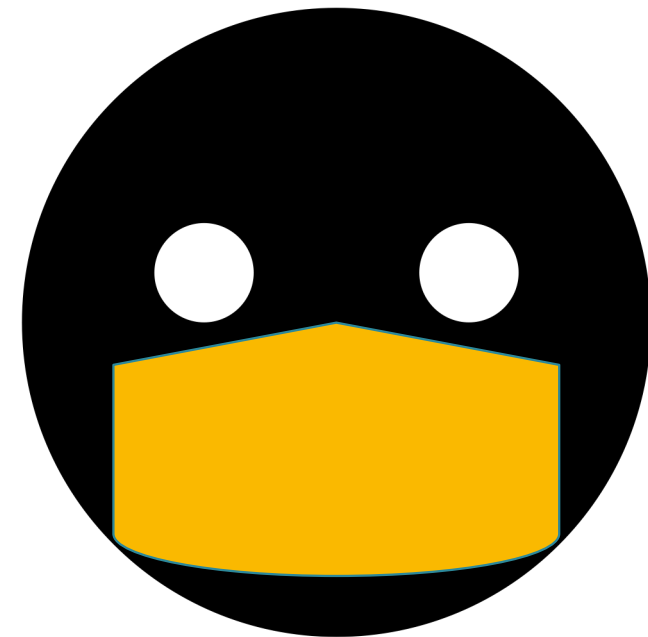
WASH YOUR HANDS & Keep surfaces clean

- **Wash hands regularly with SOAP and WATER**

- **After using the bathroom**

- **Before you eat**

- **After blowing your nose and disposing of tissues**

- **Use alcohol rub if not visibly dirty**

AVOID TOUCHING YOUR FACE

Keep your hands and fingers off your:

- Eyes
- Nose
- Mouth

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COVER YOUR COUGH

Cough or sneeze:

- **Into your elbow or tissue**

- **Put used tissues in a closed bin and wash hands**

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KEEP YOUR DISTANCE

- **If you are sick, keep your distance from others**
- **Especially if you are coughing, sneezing or have fever**
- **When caring for someone who is sick**
- **If you are unwell**
  - **Call in sick**
  - **Stay home**
- **SEEK HELP**