

# COUGH ETIQUETTE

HELP PREVENT THE SPREAD OF INFECTION. COVER YOUR MOUTH.



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



Or cover your mouth and nose using your **upper sleeve or elbow** when you cough or sneeze.



Put the used tissue in a **waste basket**.



Wash hands with **soap and water** after coughing or sneezing, and when caring for the sick.



Or clean them with an **alcohol-based rub** if soap and water are not available.