

# Protect yourself and your family

Cover your cough and sneeze



1

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

Put your used tissue in the rubbish **BIN**.



2



3

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

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



4

## Stay germ free and healthy