

# Cover your coughs and sneezes



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



OR

Cough or sneeze into your sleeve or elbow, **not your hands**



- 2 Place your used tissues in the rubbish bin



- 3 Wash your hands with soap and water



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If soap and water are not available, clean your hands with an alcohol-based hand sanitizer