

COVER *your* COUGH!



Use a tissue to cover your mouth and nose when you cough or sneeze.



Make sure to throw your tissue in a rubbish bin



Cover your cough or sneeze with your upper sleeve, not your hands.



Wear a surgical mask to protect others if you're asked to.

STOP THE SPREAD OF GERMS

CLEAN YOUR HANDS



After coughing or sneezing wash for 20 seconds with soap and warm water, or clean with hand sanitiser.