



# Coughing & Sneezing Hygiene

To prevent the spread of COVID-19:



1



or

Cough or sneeze in your elbow, **NOT** in your hands or in the air.

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

2



Put your used tissue in the trash bin when you are finished.

3



Wash your hands with soap and clean water after you cough or sneeze.