

Cover Your Cough

Cover your mouth and nose when you cough, sneeze or blow your nose.



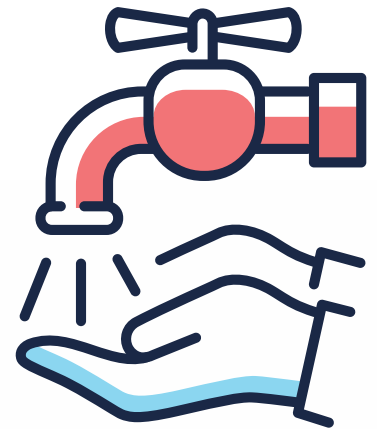
Put used tissue in the garbage.



If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.



Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based).



Stop the Spread of Germs

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres/6 feet) from people who are coughing or sneezing

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