

# PREVENT DISEASES FROM SPREADING THROUGH COUGHS AND SNEEZES

**PROTECT OTHER PEOPLE FROM GETTING SICK. ENSURE YOU FOLLOW THE CORRECT ETIQUETTE FOR COUGHING AND SNEEZING BY DOING THE FOLLOWING:**



**Please wear a mask if you are coughing to prevent the virus from spreading to other people.**



**When coughing or sneezing, cover your mouth and nose with a flexed elbow or preferably use a tissue.**



**Discard used tissues in a bin immediately after use.**



**Perform hand hygiene (washing or using alcohol-based handrub) especially after coughing or blowing your nose.**



**If ill, stay at home to prevent the spread of disease to others.**