

# Cover your cough and sneeze



Cover your mouth and nose with tissue/cloth and throw it away immediately after use.

Cough or sneeze into your upper sleeve.

Cough or sneeze inside your shirt, blouse.

**Wash  
or sanitise  
your hands**

often and immediately  
after coughing or sneezing



with soap and water



or with alcohol-based  
hand cleaner.



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