

COUGH *Etiquette*

HELP PREVENT THE SPREAD
OF INFECTION. COVER YOUR
MOUTH AND NOSE.



When you cough or sneeze, cover your mouth and nose using your **upper sleeve or elbow**.

Or, cover your mouth and nose with a **tissue**.



Toss the used tissue in the **garbage**.

After coughing or sneezing, wash hands with **soap and water**, especially if you're caring for the sick.



Or use an **alcohol-based hand sanitizer** when soap and water aren't available.

