

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:



Always wear a mask if you are in public. If you are coughing or sneezing, also wear a mask at home to limit the spread of infection in your home.



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.