

A close-up profile of a man with a beard, coughing into a white tissue. The background is white.

COVER YOUR COUGH AND SNEEZE **THE RIGHT WAY**

DO: Use a tissue and place it immediately in the bin.
Wash your hands or use a hand sanitiser.

DO: Use your upper sleeve. Germs won't spread through
your clothing.

DON'T: Cover your cough with your hands. You'll end up
spreading more germs via everything you touch.