

RESPIRATORY HYGIENE



1



If you have to sneeze or cough, cover your mouth and nose with a tissue.

2



Dispose of soiled tissues in the trash.

3



If you do not have a tissue, turn your face into your shoulder or the bend of your elbow to sneeze or cough.

4



Wash your hands often. If soap and water are not available, use an antiseptic product.

IF YOU ARE ILL OR AT RISK,
PLEASE DO NOT MAKE AN APPOINTMENT.