

COUGH ETIQUETTE

COVER YOUR COUGH

- Cover your mouth and nose with a tissue when you cough or sneeze

OR

- Cover your mouth and nose using your upper sleeve, not your hands, when you cough or sneeze
- Put the used tissue in a waste basket
- Wash your hands with soap and water

OR

- Clean them with an alcoholbased hand rub if soap and water are not available

If you're visiting a hospital or personal care home when you have a cough or cold, you may be asked to put on a surgical mask to protect others from infection.

HELP
PREVENT
THE SPREAD OF
INFECTION