

Coughing and Sneezing

Without Contaminating



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, AVOID VISITING FAMILY AND FRIENDS.