

# Cough and Sneeze Safely

COVID-19

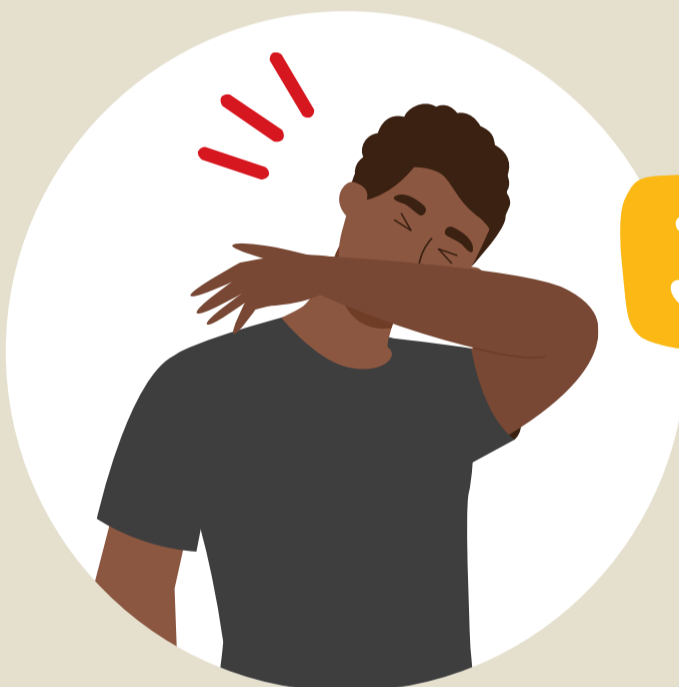
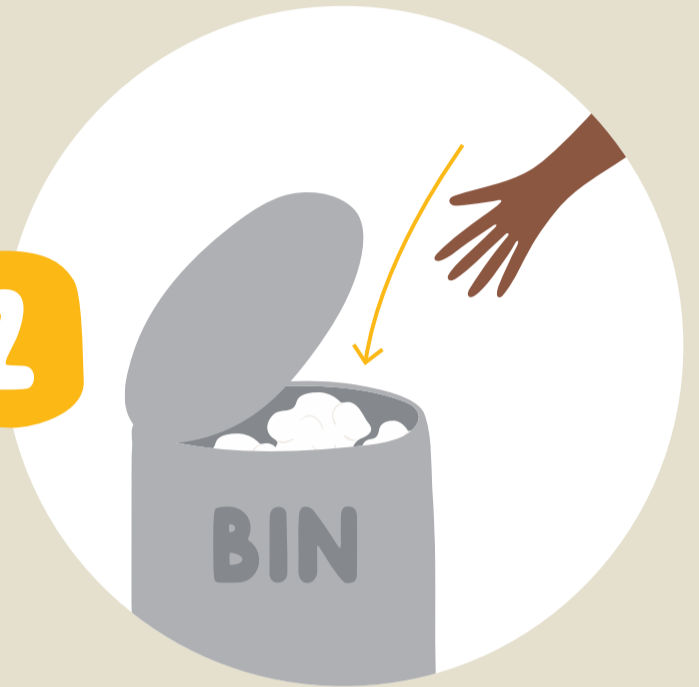


1

**Cover** your mouth and nose with tissue or cloth

Put used tissues in the **bin** straight away

2



3

No tissue? Cough or sneeze into your elbow or sleeve, **not your hands**

**Wash your hands** with soap and water for 20 seconds and dry them properly

4



Let's keep our community safe, strong and healthy.

Please visit [health.nsw.gov.au](https://health.nsw.gov.au) for the latest information on COVID-19.

COVID-19  
**SL**OW THE  
**SPREAD**

