

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 for the latest information on COVID-19.

COVID-19
SLOW THE
SPREAD