Cough and Sneeze Safely
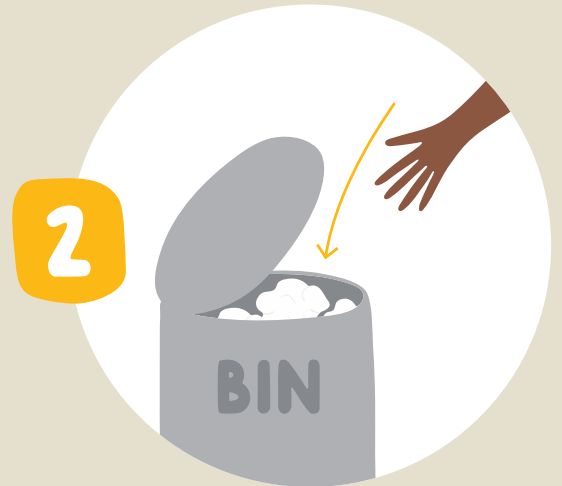
COVID-19

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

AH&MRC