

Cough and Sneeze Safely

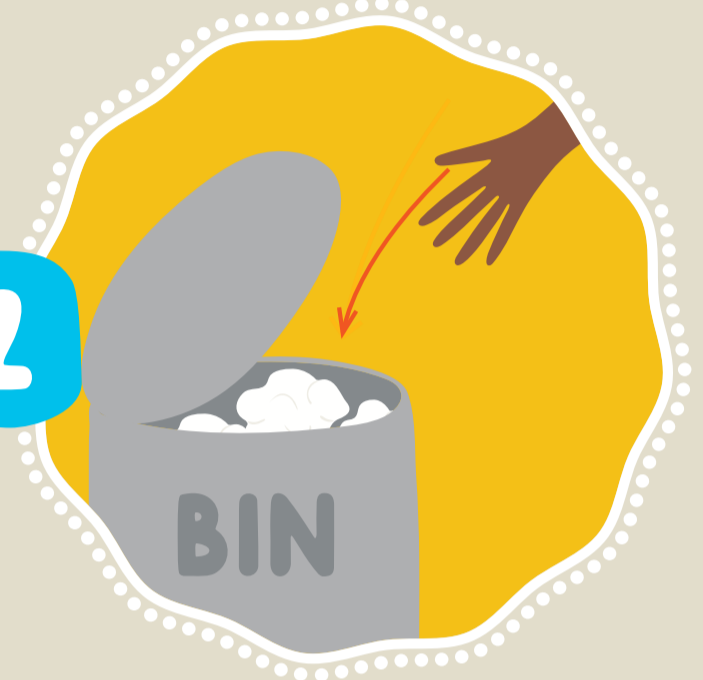


1

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



AH&MRC
Aboriginal Health & Medical
Research Council of NSW

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

Please visit health.nsw.gov.au for the latest information on respiratory infections.