

Protect yourself from viruses and bacteria: The right way to cough and sneeze



Keep your distance from other people



Turn away from other people



Use a disposable tissue



If you don't have a tissue to hand: Cough or sneeze into your elbow, covering your mouth and nose



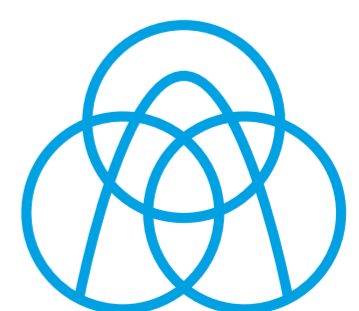
Throw the tissue away immediately



Then wash your hands thoroughly



osh
because we care



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