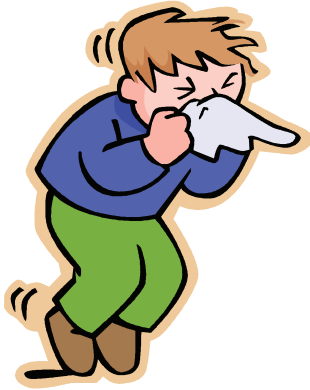


# Respiratory Hygiene and Cough Etiquette



## When coughing or sneezing

- Turn your head away from others
- Use a tissue to cover your nose and mouth



Dispose of the tissue afterwards in a waste bin



Decontaminate your hands after discarding tissue using soap and water or alcohol gel for at least 15 seconds

**These steps will help prevent the spread of all respiratory infections**