

COVER YOUR COUGH AND SNEEZE THE RIGHT WAY



DO

**Use a tissue and place it immediately in the bin.
Wash your hands or use a hand sanitiser.**



DO

**Cough or sneeze into your upper sleeve.
Germs won't spread through your clothing.**



DON'T

**Cough or sneeze into your hands. You'll end up
spreading germs to everything you touch.**



Building a
Better Health
Service

Seirbhís Sláinte
Níos Fearr
á Forbairt

