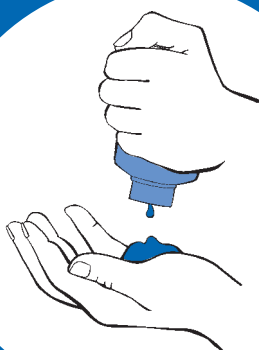
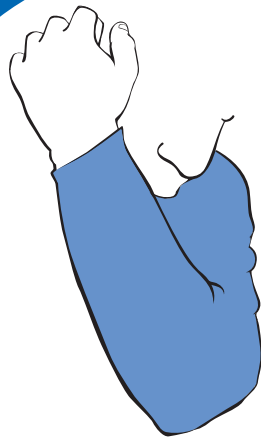


# COUGH ETIQUETTE

## COVER YOUR COUGH

Please put on a mask. If you are not able to do so, follow cough etiquette.



- Cover your mouth and nose with a tissue when you cough or sneeze

OR

- Cover your mouth and nose using your upper sleeve, not your hands, when you cough or sneeze

- Put the used tissue in a waste basket

- Wash your hands with soap and water

OR

- Clean them with an alcohol-based hand rub if soap and water are not available

- If you have been given a cloth mask, please wash it and use it the next time you come to the hospital

HELP  
PREVENT  
THE SPREAD OF  
INFECTION