Cover your cough and sneeze

**DON'T**
- Cover your mouth and nose with tissue/cloth and throw it away immediately after use.
- Cough or sneeze into your upper sleeve.

**DO**
- Cover your mouth and nose with tissue/cloth and throw it away immediately after use.
- Cough or sneeze into your upper sleeve.
- Cough or sneeze inside your shirt, blouse.

Wash or sanitise your hands

**Wash**
- often and immediately after coughing or sneezing
  - with soap and water

**Or**
- with alcohol-based hand cleaner.

Illustrations by Jipé le Bars