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.

Or

Cough or sneeze inside your shirt, blouse.

Wash your hands

often and immediately after coughing or sneezing

with soap and water.

Illustration by Jipé LeBars