

# 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

