

STOP THE SPREAD OF GERMS



**Cover your
nose and mouth
when coughing
and sneezing**



**Dispose of used
tissues properly
after use**



**Regularly wash
hands with soap
and warm water**



**If you have flu-like
symptoms, seek
medical attention
immediately**



**If you have flu-like
symptoms, keep
distance of at
least 3 feet from
other people**



**If you have flu-like
symptoms, stay
home from work,
school or crowded
places**



**Avoid hugging,
kissing and
shaking hands
when greeting**

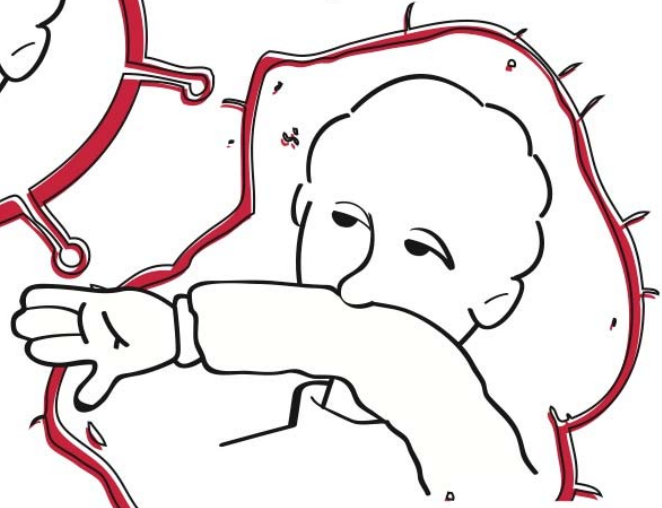
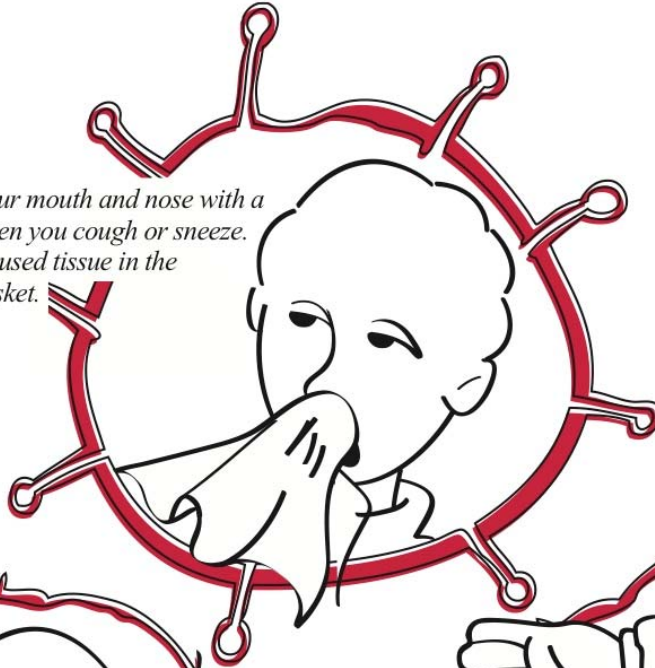


**Avoid touching
eyes, nose or mouth
with unwashed
hands**

Cover Cough

Stop the spread of germs that can make you and others sick!

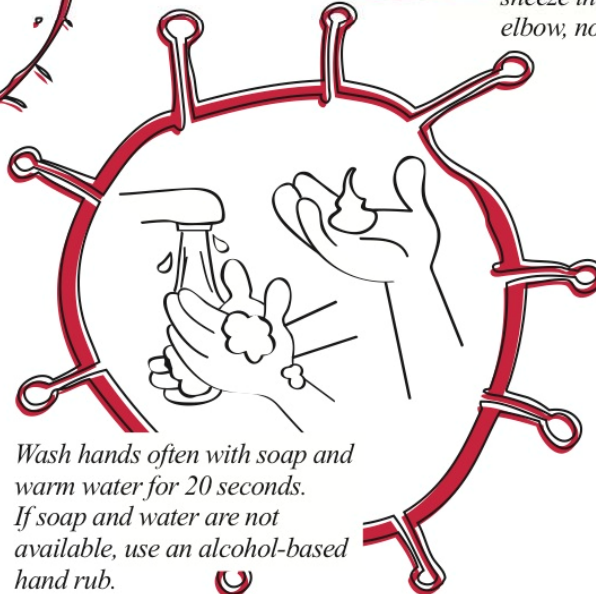
Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.



COUGH ETIQUETTE



**Cough into your sleeve
or the crook of your arm.**
Coughing into your hand
spreads germs.



**Cough into a
handkerchief or a tissue.**
A tissue is better because it
is disposable.

**Turn away from people
when coughing.**
Germs can spread through
airborne droplets.



**Always wash your hands
with soap and water.**
This prevents the spread of
germs.

FAST FACTS

20 seconds



The amount of time
it should take to
wash your hands.

6 metres



The distance
droplets from a
cough can travel.

1 in 5



The number of
people who do not
wash their hands.