

# Respiratory hygiene

Protect the health of others



**1** If you have to sneeze or cough, cover your mouth and nose with a tissue.

**2** Dispose of soiled tissues in the trash.

**3** If you do not have a tissue, turn your face into your shoulder or the bend of your elbow to sneeze or cough.

**4** Wash your hands often. If soap and water are not available, use an antiseptic product.

IF YOU ARE ILL, AVOID VISITING FAMILY AND FRIENDS.