

# Cough and Sneeze Etiquette



----- **Cover coughs and sneezes with a tissue.**



----- **Throw the used tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.**



----- **If you don't have a tissue, cough and sneeze into your elbow, not your hand. Wash your hands or use an alcohol-based hand rub immediately.**



----- **Avoid touching your eyes, nose and mouth.**



----- **If you need to touch your face, wash your hands first.**