Cough and Sneeze Etiquette

1. Cover coughs and sneezes with a tissue.
2. Throw the used tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.
3. 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.
4. Avoid touching your eyes, nose and mouth.
5. If you need to touch your face, wash your hands first.