COUGH ETIQUETTE

COVER YOUR COUGH

• Cover your mouth and nose with a tissue when you cough or sneeze
  
  OR

• Cover your mouth and nose using your upper sleeve, not your hands, when you cough or sneeze

• Put the used tissue in a waste basket

• Wash your hands with soap and water
  
  OR

• Clean them with an alcohol-based hand rub if soap and water are not available

If you're visiting a hospital or personal care home when you have a cough or cold, you may be asked to put on a surgical mask to protect others from infection.