PROTECT YOURSELF, YOUR FAMILY AND THE COMMUNITY

COVER YOUR COUGH

1. Cover your mouth and nose with a tissue when you cough or sneeze. OR Cough or sneeze into your sleeve or elbow, not your hands.

2. Place your used tissues in the rubbish bin.

3. Wash your hands with soap and water, or sanitise with alcohol based hand gel.

sahealth.sa.gov.au/washwipecover