COVER YOUR COUGH

STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK

sahealth.sa.gov.au/washwipecover

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

2. Place your used tissues in the rubbish bin.

3. You may be asked to put on a surgical mask to protect others.

CLEAN YOUR HANDS
AFTER COUGHING OR SNEEZING

WASH YOUR HANDS WITH SOAP AND WATER

OR SANITISE YOUR HANDS WITH ALCOHOL BASED HAND GEL