

PROTECT THE HEALTH OF OTHERS!

# Respiratory hygiene



1

If you have to sneeze or cough, cover your mouth and nose with a tissue.



2

Dispose of soiled tissues in the trash.



3

If you do not have a tissue, turn your face into your shoulder or the bend of your elbow to sneeze or cough.



4

Wash your hands often. If soap and water are not available, use an antiseptic product.

**IF YOU ARE ILL, AVOID VISITING FAMILY AND FRIENDS.**

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