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

FIS: 190401