

COVER YOUR COUGH AND SNEEZE

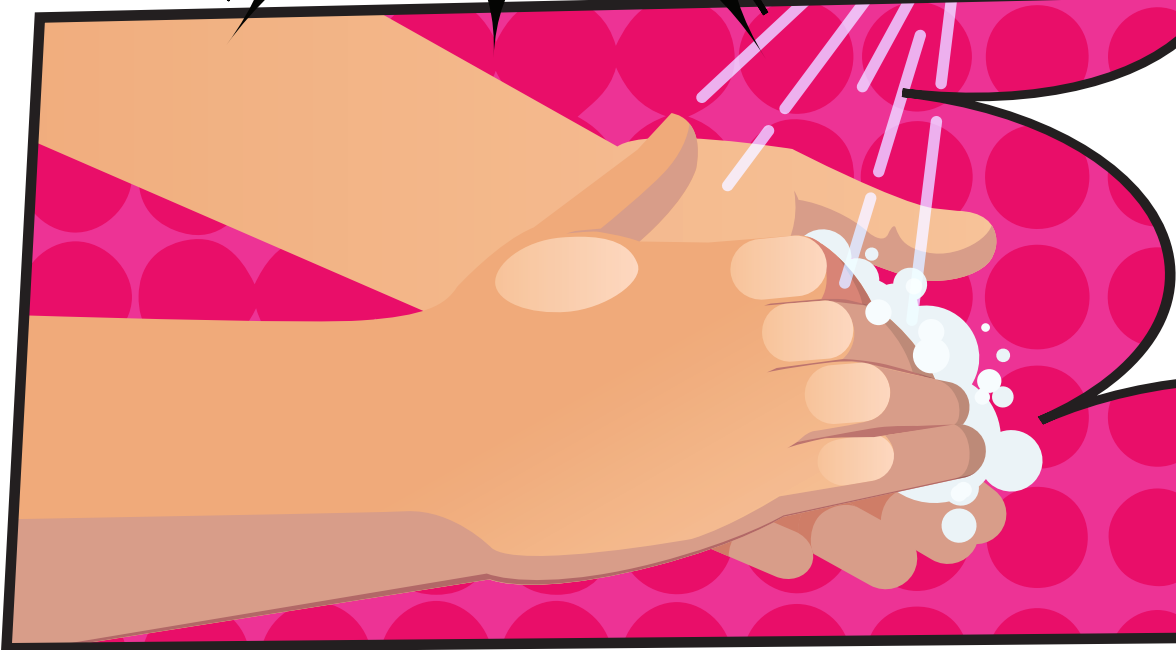
STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



When you cough or sneeze **cover your nose and mouth** with a tissue

OR Cough or sneeze into your elbow, not your hands.

Throw away your tissue!



Clean your hands after coughing or sneezing.

THANKS!



Building a
Better Health
Service

Seirbhís Sláinte
Níos Fearr
á Forbairt

