Protect yourself and your family
Cover your cough and sneeze

1 **COVER** your mouth and nose with a tissue when you cough or sneeze.

2 Put your used tissue in the rubbish **BIN**.

3 If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

4 **WASH** your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel.
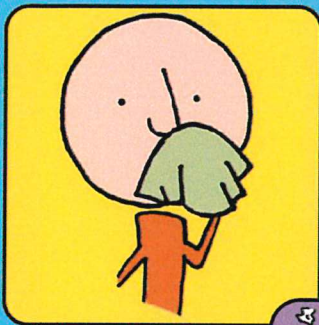
Stay germ free and healthy

A Victorian Government initiative

State Government Victoria

Stop the spread of germs that make you and others sick!

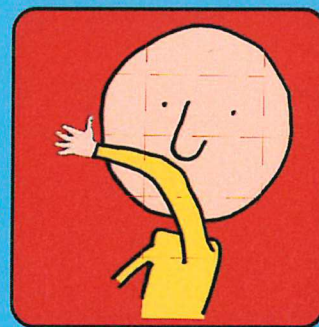# Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze

or

cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your Hands after coughing or sneezing

Wash hands with soap and warm water

or

clean with alcohol-based hand cleaner.

Hand Sanitizer