

RESPIRATORY HYGIENE

COUGH ETIQUETTE



EVERYONE IS ADVISED TO PRACTICE GOOD RESPIRATORY HYGIENE/COUGH ETIQUETTE.

- Turn head away from others.
- Cover the nose and mouth with tissue; if you don't have a tissue, cough or sneeze into your upper sleeve or elbow, NOT your hands.
- Discard tissues immediately after use into waste container.
- Perform hand hygiene immediately.

