

COUGHING AND BLOWING YOUR NOSE

When you cough or sneeze, do it into your **elbow** or in a **tissue**.



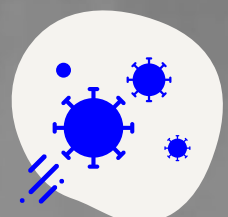
Refrain from coughing or sneezing into your hands or into the air **to avoid spreading the virus**.

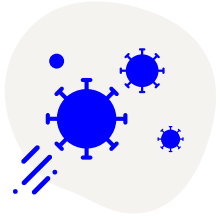


Throw your tissues into a **closed trash can**, not into a recycling bin.

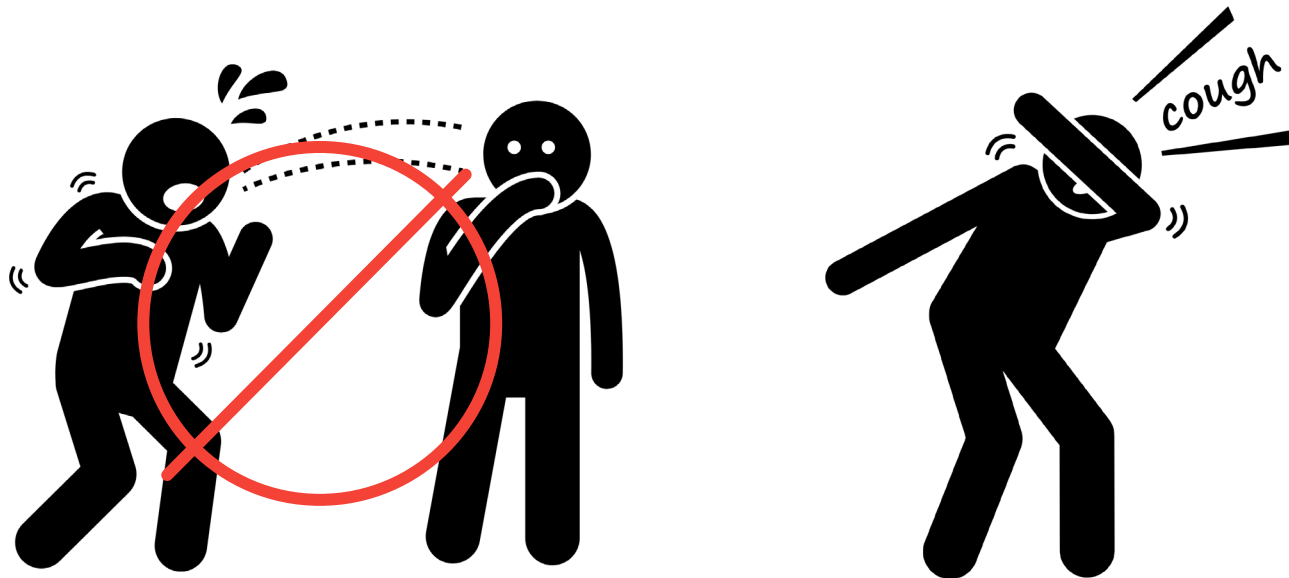


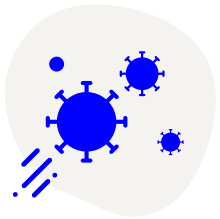
Wash your hands with soap and water or with an alcohol-based solution after coughing, sneezing, or blowing your nose.





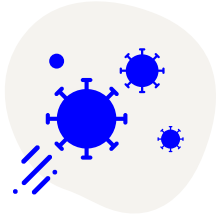
**AVOID
GETTING YOUR
DROPLETS
INTO THE AIR.**





COUGH INTO YOUR ELBOW!





**THROW
YOUR
TISSUES IN
THE TRASH.**

