

Stop the spread: Cover coughs and sneezes

Simple steps to protect others



1

Cover your mouth and nose with a tissue

Bin the used tissue straight away



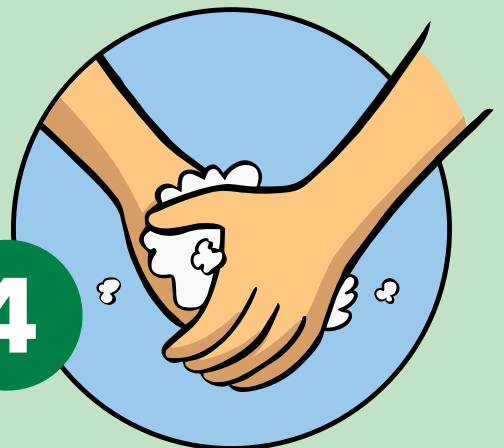
2



3

No tissue? Use your elbow (not your hands)

Wash your hands with soap and water for 20 seconds or clean with hand sanitiser



4

Stay germ free and healthy