

# COVER YOUR COUGH AND SNEEZE AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



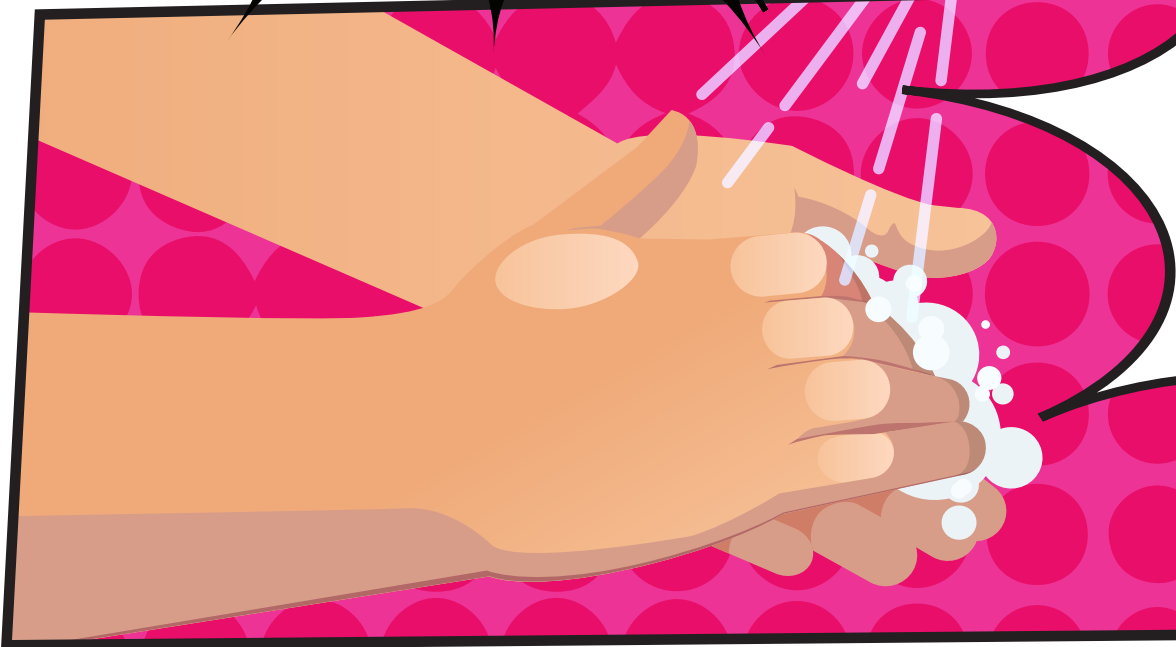
When you cough or sneeze **cover your nose and mouth** with a tissue

**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

