

COVER YOUR COUGH AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



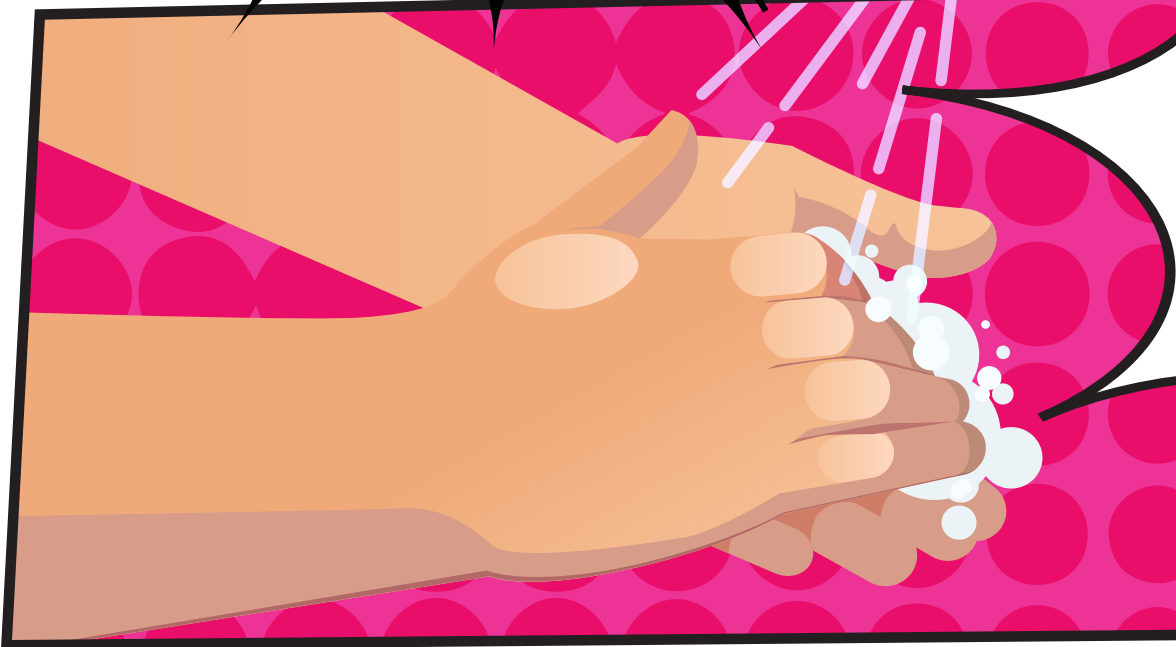
When you cough or sneeze **cover your nose and mouth** with a tissue

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

