

Cover your cough or sneeze with a tissue to reduce the spread of infectious disease



# Cover your cough



**DO NOT**  
use your hands

**DO**  
use your upper sleeve  
if a tissue is not  
available



This poster has been developed for educational purposes only and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the poster, please consult your medical professional.



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