

Cover your cough



PLAY YOUR PART

There are simple things you can do to **stop the spread of COVID-19**

If you need to cough or sneeze, **cover your mouth and nose** by:

- ✓ Doing it into a fresh tissue, dispose of it in the bin and then immediately wash your hands; or
- ✓ Doing it into your arm where you bend your elbow, not into your hands

