

PROTECT YOURSELF, YOUR FAMILY AND THE COMMUNITY



Government
of South Australia

SA Health

COVER YOUR COUGH



1

Cover your mouth and nose with a tissue when you cough or sneeze.



OR

Cough or sneeze into your sleeve or elbow, not your hands.



2

Place your used tissues in the rubbish bin.



3

Wash your hands with soap and water, or sanitise with alcohol based hand gel.