



Ministry of Health & Medical Services

PROTECT YOURSELF, PROTECT OTHERS FROM CORONAVIRUS

Cover your cough and sneeze



DON'T



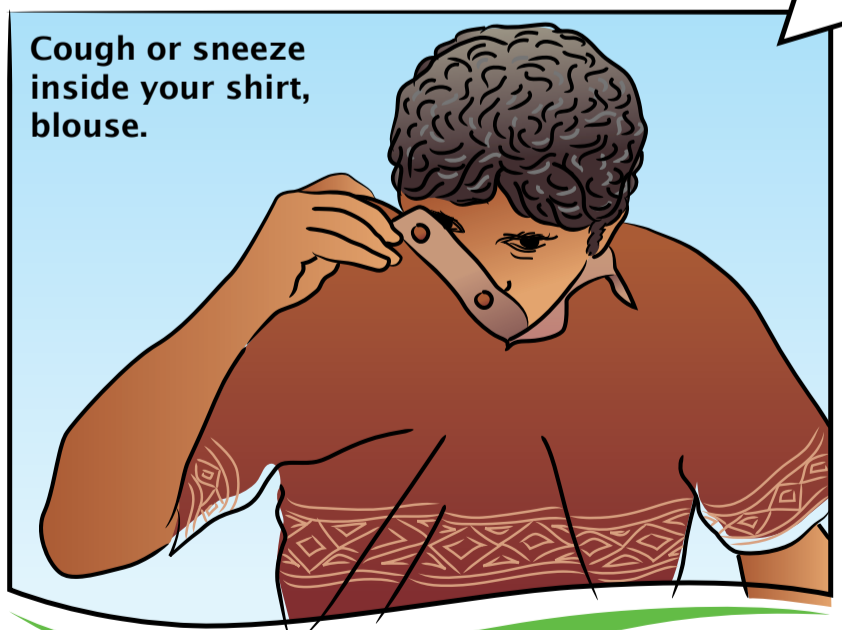
Cover your mouth and nose with tissue/cloth and throw it away immediately after use.

DO



Cough or sneeze into your upper sleeve.

Or



Cough or sneeze inside your shirt, blouse.



with soap and water.

Wash your hands
often and **immediately**
after coughing or sneezing