Cough etiquette

Cover your cough

- When coughing or sneezing, use a tissue to cover your nose and mouth

- Dispose of the tissue afterwards

- If you don't have a tissue, cough or sneeze into your elbow.

Wash your hands

- After coughing, sneezing or blowing your nose, wash your hands with soap and water

- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.

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