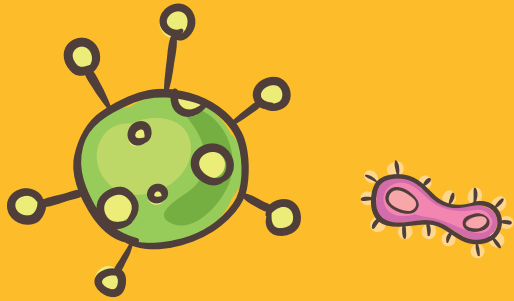


# COVER YOUR COUGH AND SNEEZE



Stop the spread of germs that make people sick



When you cough or sneeze  
cover your nose and mouth  
with a tissue

or

Cough or sneeze into your  
elbow, not your hands.



Throw away your tissue!

Clean your hands after  
coughing or sneezing.



# Thanks!



Building a  
Better Health  
Service

Seirbhís Sláinte  
Níos Fearr  
á Forbairt

