

HAND HYGIENE & COUGH ETTIQUETTE



Cover your mouth/nose with tissue when you cough/sneeze. Immediately throw away.



If you don't have a tissue, cough/sneeze into your upper sleeve/elbow, not your hand.



You may be asked to wear a mask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap/water are not available, use an alcohol-based hand rub.



Presented by:
Expy Health

Thank you for your
cooperation

Based on recommendations from the CDC