

How to cough and sneeze safely

Taking these steps when coughing or sneezing can reduce the spread of infections to others



Use a tissue

Sneeze or cough **into a tissue**.



Use your elbow

If a sneeze or cough sneaks up on you and no tissues are handy, sneeze or cough **into your elbow**. This prevents the germs from going onto your hands.



Wash your hands

Immediately wash your hands after sneezing or coughing, with **soap and water**.