Protect yourself and your co-workers

Cover your cough and sneeze

1 **Cover** your mouth and nose with a tissue when you cough or sneeze.

2 Put your used tissue in the rubbish **bin**.

3 If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **not your hands**.

4 **Wash** your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

If you are unwell with cold or flu like symptoms **stay home** and minimise contact with others.

Content adapted from a World Health Organization resource.

World Health Organization

Australian Government

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