

# PROTECT YOURSELF, YOUR FAMILY AND THE COMMUNITY



Government  
of South Australia

SA Health

# COVER YOUR COUGH



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

1



**Cough or sneeze into your sleeve or elbow, not your hands.**

OR



**Place your used tissues in the rubbish bin.**

2



**Wash your hands with soap and water, or sanitise with alcohol based hand gel.**

3