Protect yourself and your family

Cover your cough and sneeze



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

Put your used tissue in the rubbish **BIN**.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

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



Stay germ free and healthy

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. © State of Victoria, April 2018 (1804028)



Health and Human Services