How to Cough and Sneeze Properly

When you cough or sneeze, cover your nose and mouth with a tissue.

Throw your tissue in the garbage.

Cough or sneeze in your elbow, not your hands, if you don’t have a tissue.

Wash your hands with warm water and soap or use hand sanitizer after coughing or sneezing.

HELP PREVENT THE SPREAD OF GERMS

Windsor-Essex County Health Unit

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