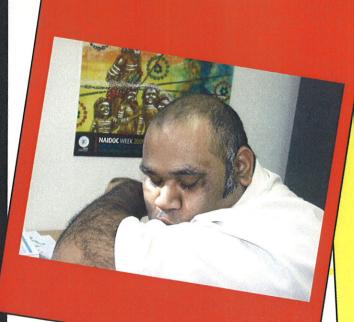


Use a tissue to cover your nose & mouth when you:

- . cough and sneeze
- . blow your nose

Put the tissue in the bin, then wash your hands with soap and water, or use hand gel.





No Tissue?

Cough or sneeze:

- into yourelbow
- into your armpit

Keep your hands clean!!



