

COVER YOUR COUGH



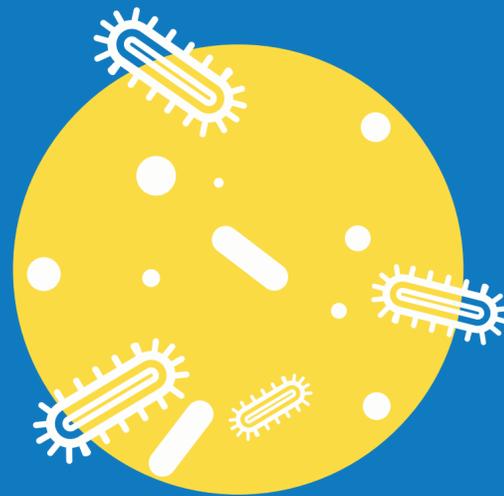
Cough and sneeze into a tissue or your sleeve.

Serious respiratory illnesses like influenza, respiratory syncytial virus, whooping cough, and severe acute respiratory syndrome are spread by coughing or sneezing and dirty hands. Help us stop the spread of colds and flu by practicing good cough and sneeze etiquette. If you are sick, there are simple measures you can take to prevent the spread of germs.

Follow Cough and Sneeze Etiquette:

Cover your cough

- When coughing or sneezing, use a tissue to cover your nose and mouth.
- Dispose of the tissue afterwards.
- If you don't have a tissue, cough or sneeze into your elbow.



Viruses can survive for hours

According to Live Science, about 3,000 droplets of saliva are expelled out of the mouth at speeds of up to 80 km/h in a single cough. Coughing spreads droplets as far as 6m and sneezing up to 8m. These droplets remain suspended in the air for up to 10 minutes, allowing ample time to be breathed in by other people.

Even when the droplets hit a surface, the viruses can survive and become airborne later. On paper, virus particles can survive for hours, and on steel or plastic, they can survive for days.



Wash your hands:

- After coughing, sneezing, or blowing your nose, wash your hands with soap and water.
- Use an alcohol-based hand sanitiser if you don't have access to soap and water.

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Practicing this habit yourself and encouraging others to do it as well can cut down on the spread of contagious respiratory illnesses in our communities.



Together we can stop the spread of germs in our community.