

# Cover your cough and sneeze



**DON'T**

Don't cough or sneeze without covering your mouth and nose.



**DO**

Cover your mouth and nose with a tissue and throw it away immediately after use.



Cough or sneeze into your upper sleeve.



Cough or sneeze inside your shirt or top.



Wash your hands with soap and water immediately after coughing or sneezing.



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

Source: NDoH. *Practical manual for implementation of the National Infection Prevention and Control Strategic Framework. 2020*  
Adopted from and sponsored by the Knowledge Translation Unit (KTU).

