



Government
of South Australia

SA Health

COVER YOUR COUGH

**STOP THE
SPREAD OF
GERMS THAT
MAKE YOU AND
OTHERS SICK**



1

Cover your mouth and nose with a tissue when you cough or sneeze. Or cough or sneeze into your sleeve or elbow, not in your hands.

2

Place your used tissues in the rubbish bin.



3

You may be asked to put on a surgical mask to protect others.



sahealth.sa.gov.au/washwipecover

**CLEAN
YOUR
HANDS**

AFTER COUGHING
OR SNEEZING



WASH YOUR
HANDS
WITH SOAP
AND WATER



OR SANITISE
YOUR HANDS
WITH ALCOHOL
BASED HAND GEL