

# COVER YOUR COUGH AND YOUR SNEEZE



**Cover** your nose and mouth with a tissue when you cough or sneeze.

Put your used tissues in the **rubbish bin**.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **not your hands**.

**Wash your hands** well with soap and warm running water (or use hand sanitiser if you don't have soap and water).

Dry your hands with a disposable paper towel or hand dryer.



*You can help  
stop the spread  
of illness*

**KEEP**  
ON TOP OF  
**COVID**

Public Health Hotline **1800 671 738**  
[www.coronavirus.tas.gov.au](http://www.coronavirus.tas.gov.au)