COUGHING AND SNEEZING



- Turn your head away from others.
- Use a tissue to cover your nose and mouth.



• Drop your tissue into a waste bin.



• No tissues? Use your elbow.



 Clean your hands after discarding tissue using soap and water or alcohol gel for at least 30 seconds.



These steps will help prevent the spread of colds, flu and other respiratory infections.

Mensura Externe Dienst voor Preventie en Bescherming op het Werk V.Z.W. – www.mensura.be

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