



## How to cover your sneeze

You will need:

- tissue
- dustbin
- hand sanitizer or soap

First, turn your head away from others.

Then, cover your mouth and nose with a tissue.

If you do not have a tissue, sneeze into your upper sleeve or elbow, not your hands.

After you sneeze, throw the dirty tissue into a dustbin straight away.

Next, clean your hands with hand sanitizer or wash your hands well with soap and warm water.

Finally, dry your hands thoroughly with a disposable paper towel.