

COUGH AND SNEEZE ETIQUETTE

Help prevent the spread of COVID-19

Covering a cough and a sneeze properly, helps in preventing the spread of COVID-19 and other respiratory illnesses in the workplace

Cover your mouth with your elbow when coughing or sneezing



OR

Cover your mouth with a tissue or cloth and discard it safely in a bin after use



Clean your hands by hand washing for at least 20 seconds or with 70% alcohol based hand sanitiser immediately after coughing, sneezing or blowing your nose



Remember to ALWAYS wear a mask when you are sick and when in public places



Together, we can prevent the spread of COVID-19 in our workplaces and communities



COVID-19 Workplace Preparedness & Prevention
HEALTHY, SAFE & SUSTAINABLE WORKPLACES

Workplace Hotline: 0800 2121 75

Occupational Health Surveillance System [OHSS]

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