

COVER YOUR COUGH



PATIENT TUTORIAL

It is especially important for infection control measures in healthcare settings, because the space are restricted you may be asked to put on a face mask to protect others.

1

COUGHS AND SNEEZES SPREAD DISEASES

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

Cover your mouth and nose with a tissue.

Put your used tissue in the waste basket.

Wash your hands often with soap and warm water for 20 seconds.

Use an alcohol-based hand rub, if soap and water are not available.

2

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Coughing Spreads Germs



Covering a Cough Keeps Germs From Spreading

Virus particles can travel up to 12 feet through the air



4

KEEP IT OFF YOUR HANDS

There are no chance you will spread flu-germs to another surface if you keep that stuff off your hands.

Your dirty hand will touch a door knob or elevator button.

Some unlucky person will touch that knob or button, and now he's got it.

The nasty cycle of the flu virus spreads on.

5

When somebody sneezes in an elevator. Avoid those flying flu droplets

Turn your face away. Put your sleeve or your hands over your face.

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