

BE SAFE WITH IMDAAD

RESPIRATORY HYGIENE

Use tissue to cover the mouth and nose during coughing or sneezing



If tissue/ handkerchief is not available, cover mouth and nose against a sleeve/shoulder during coughing or sneezing

Turn the head away from others & maintain approximately 1 to 2 meters distance when coughing or sneezing



Discard used tissues into the closed wastebasket promptly



Perform hand hygiene after coughing or sneezing (use alcohol-based hand rub or soap and water)

