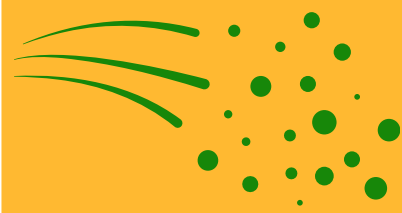# COVER YOUR COUGH

**HALTON IPAC HUB**

**Stop the spread of germs that can make you and others sick!**

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

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

Put on a facemask to protect others.

Clean hands often with alcohol-based hand rub for 15 seconds.

Reference: Cover your cough. (n.d.). http://www.publichealthontario.ca/-/media/documents/C/2013/clincial-office-cough-signage.pdf