

COUGHING & SNEEZING HYGIENE ETIQUETTE

To help stop the spread of germs:



**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, not your hands.**



Remember to
WASH YOUR HANDS
after coughing or sneezing.



EDMC SAFETY & HEALTH

*The contents of this poster came directly from the Centers for Disease Control and Prevention (CDC).