

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