

How you should cough or sneeze to avoid spreading lots of germs

Cover your cough

- when you cough or sneeze, cover your nose and mouth with a tissue;
- throw away your tissue, into a proper bag or bin, as soon as you've used it.
- Wash your hands

Wash your hands frequently:

On days when you are coughing, sneezing or blowing your nose, frequently wash your hands often with soap and water; or, if you can't use soap and water, use wipes or gels.

Remember:

Washing your hands is the single best way that you can help stop spreading germs that cause illness with coughs and sneezes.

How to wash and dry your hands with soap and water

- 1 Wet your hands with warm water, then add soap.
- 2 Rub in the soap, while you count to fifteen. Make sure you rub the soap into:
 - the backs of your hands;
 - the backs of your fingers;
 - your finger-nails;
 - your finger-tips;
 - the skin between your fingers.
- 3 Rinse your hands under running water.
- 4 Dry your hands with a disposable paper towel or a hot-air blower.

[If you are wearing any rings or bracelets, remove them before washing your hands. If you have any cuts or scratches, cover them with a clean dressing]