



# Help stop the spread of germs

Tips for keeping you and others well.



## Cover your cough

- Cough or sneeze into your elbow or upper sleeve

OR

- Cover your mouth and nose with a tissue when you cough or sneeze



## Put used tissues in the bin



## Clean your hands

- After coughing or sneezing wash hands with soap and warm water for 20 seconds and then dry

OR

- Clean with alcohol-based hand cleaner

For more information, please contact us:

 (08) 9289 3600

 [respiratorycarewa.org.au](http://respiratorycarewa.org.au)



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