



**SNEEZE AND BLOW YOUR NOSE CORRECTLY**



**1. If you do not have a tissue, cough or sneeze against the top of your sleeve, not into your hands.**



**2. Blow your nose with a disposable tissue.**



**3. Put the used tissue in the bin straight away, not into your pocket.**



**4. Always wash your hands after coughing or sneezing.**



**5. Dry your hands carefully with a disposable hand towel.**



**6. Turn the tap off so that you protect your clean hands.**