5 STEPS

to stop the spread of respiratory illnesses

1 Cover your mouth and nose with tissues when coughing, sneezing, blowing and/or wiping your nose

2 Dispose of tissues in the nearest waste bin after use

3 If no tissues are available, cough or sneeze into your inner elbow rather than your hand

4 You may be asked to put on a face mask to protect others

5 Wash your hands with soap and water or alcohol based handrub after coughing or sneezing into hands or tissues

NSW GOVERNMENT