

COVER YOUR COUGH AND SNEEZE THE RIGHT WAY

- COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU COUGH OR SNEEZE
- OR COUGH OR SNEEZE INTO YOUR UPPER SLEEVE
- PUT USED TISSUE INTO THE BIN
- WASH YOUR HANDS OR USE A HAND SANITIZER

*Sip a cup of honey
ginger tea to get rid of a
cough naturally*

