When coughing and sneezing, cover mouth and nose with flexed elbow or tissue.

Throw tissue into closed bin immediately after use.

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and...
Wash your hands with soap and running water when hands are visibly dirty.

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water.

Wash your hands
Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.