



1 Trap it!

Always TRAP your sneeze or cough using the inside of your elbow, or in a KLEENEX® tissue covering your nose and mouth.



2 Bin it!

Always BIN your tissue after using it once, or put in a plastic bag.



3 Wash it!

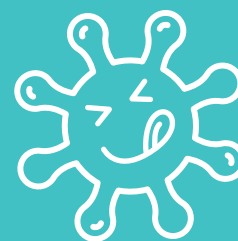
Sanitise or wash your hands thoroughly and regularly, (immediately if you sneeze or cough into your hands).

1. WASH hands for 20 seconds using soap!
2. RINSE under the tap.
3. DRY front and back.



4 Avoid it!

Don't touch your eyes, nose or mouth. Stay home if you are unwell.



sneezeSafe.co.nz