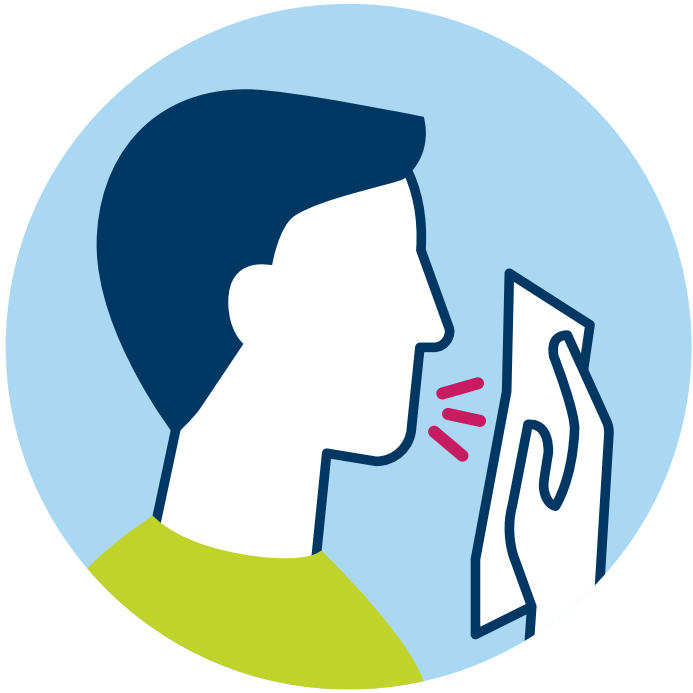# Hygiene for sneezing and coughing
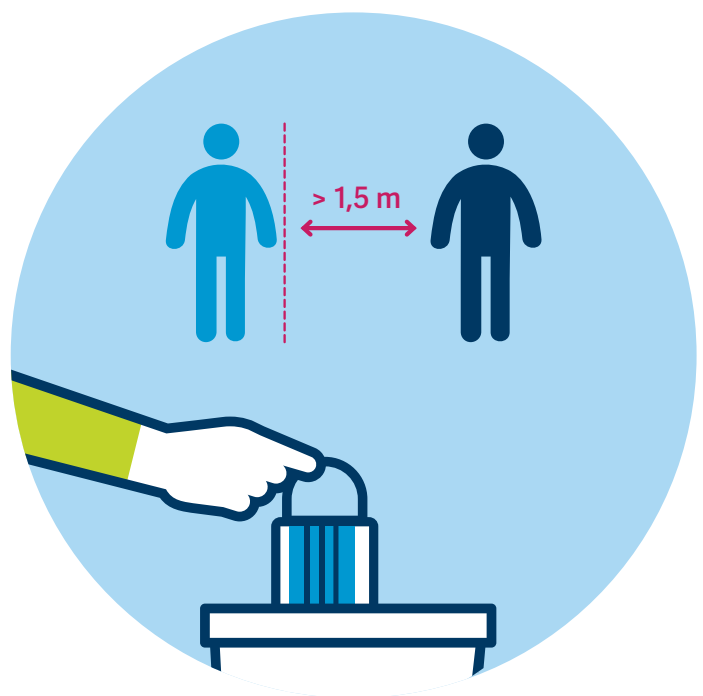
Sneeze or cough into
a paper tissue.

Dispose of the used
tissue immediately.

Wash your hands
with soap and water or use hand
sanitiser.

> 1,5 m

Wear a face mask if required or
if you have any symptoms.
If your mask is wet or dirty, replace it.

Tips:

✓ Increase ventilation of indoor spaces
as much as possible.

✓ Stay at home if you are ill.

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