

Protect yourself and others

Wash your hands



After coughing or
sneezing

After toilet use

Before eating

When preparing food

When hands are dirty

Please use the hand sanitisers provided

Protect yourself and others

Cough with care



Make sure you, and the people around you, follow good respiratory hygiene.

This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.

Then dispose of the used tissue immediately.

Why? Droplets spread viruses. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and **COVID-19**

Cover your coughs and sneezes