Respiratory and cough hygiene

- Cough or sneeze into a clean tissue, not into your hands.

- Dispose of the tissue immediately into the nearest waste bin.

- If you do not have a tissue, cough or sneeze into your upper sleeve.

- Always clean your hands after coughing or sneezing, either using soap and warm running water, alcohol handrub or hand wipes.

These steps will help prevent the spread of colds, flu and other respiratory infections