COVER YOUR COUGH
Stop the spread of germs that can make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze.
Put your used tissue in the waste basket.

If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 15 seconds.
If soap and water are not available, use an alcohol-based hand rub.

For more information contact Public Health Ontario’s Infection Prevention and Control Department at ipac@oahpp.ca or visit www.publichealthontario.ca/en/health-topics/infection-prevention-control/clinical-office-practice.
This is an excerpt from Infection Prevention and Control for Clinical Office Practice.