



COVER — YOUR — COUGH

PREVENT THE SPREAD OF GERMS

algonquincollege.com/coronavirus

1. Cover your mouth and nose when you cough, sneeze or blow your nose
2. Put used tissue in the garbage
3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands
4. Clean your hands with soap and water or hand sanitizer (minimum 70% alcohol-based)

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 2 metres / 6 feet) from people who are coughing or sneezing

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