

# Preventing infection with cough etiquette

## What is cough etiquette?

Cough etiquette refers to the actions you should take if you are coughing or sneezing in order to reduce the spread of illness to the people around you.

### If you don't have a mask...



① Cover your mouth or nose with a tissue when you cough or sneeze.

② If you don't have any tissue, cover your mouth or nose with **the crook of your arm or inner elbow**.

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If you do have a mask,  
make sure to wear it  
the right way.

### The correct way to wear a face mask



Ensure your nose and mouth are both securely covered



Wear the elastic around the back of your ears



Make sure there are no gaps and you are covered up to your nose