

# I am about to sneeze! What do I do?

## I HAVE A TISSUE



- Hold it until you get the tissue
- Sneeze or cough in the tissue and then put it in the rubbish bin immediately and wash your hands

## I DON'T HAVE A TISSUE



- Cover yourself with an elbow
- Cough or sneeze in the elbow



Never sneeze/cough into your hands, otherwise, they will quickly turn into a biological weapon



Coughing and sneezing without covering your face is bad (but you know this already)