

Be prepared for Pandemic Influenza

Start Now!! **Coughing Etiquette**

Manner

Reduce the spread
of infection with
coughing etiquette



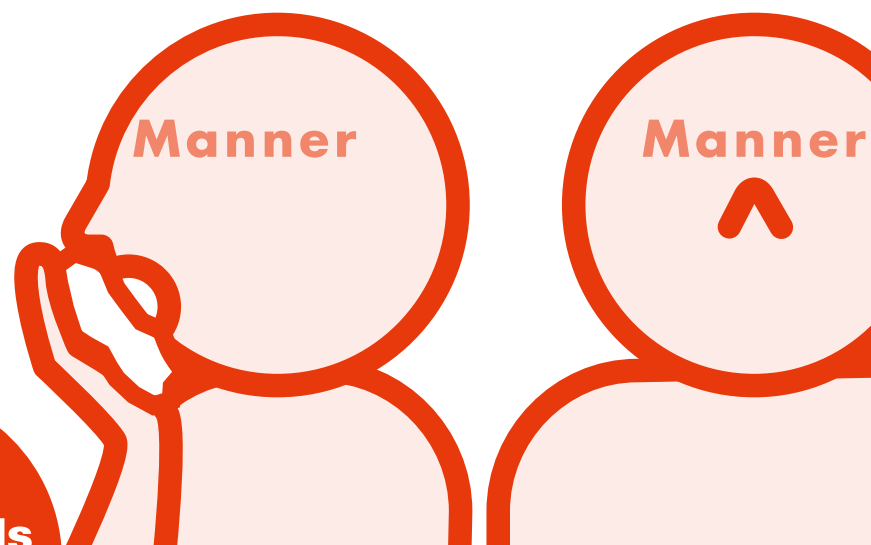
Cover

Cover your nose and mouth with a
tissue when about to cough or
sneeze



Turn Away

Turn your face away from
others and surfaces when
about to cough or sneeze



Wash hands
thoroughly!

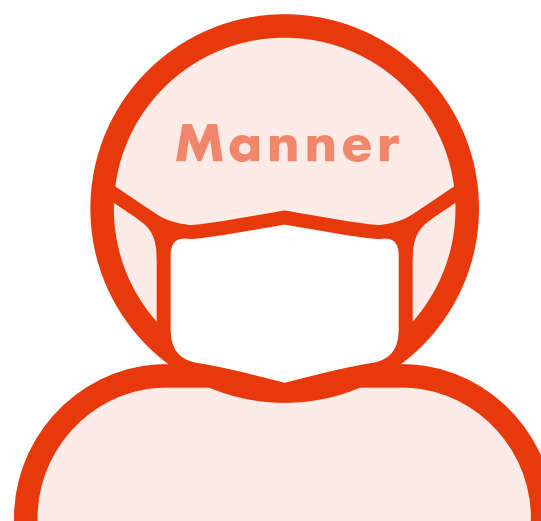
Quick Disposal

Throw tissues away after covering
a cough or sneeze in a waste
container with a lid



When sick Wear a mask

If your symptoms include coughing
and sneezing wear a mask
Urge others who have a cough to
wear a mask



発行責任

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