

To ward off influenza infection

please practice cough etiquette and hand hygiene

1

Cover your nose and mouth with a tissue when you cough or sneeze. Dispose used tissues in the trash can after you use it.



2

Wear surgical masks when coughing or sneezing.



3

Wash your hands immediately after contact with respiratory secretions.



4

Try to maintain a distance of at least 1 meter from other people when coughing.



Hand Hygiene :

- ✓ Use traditional Chinese two-hand salutes in place of Western handshakes.
- ✓ Cover mouth and nose with a tissue or handkerchief when coughing or sneezing.
- ✓ Wash hands frequently with soap and water.
- ✓ Avoid touching mouth and nose.