

Be prepared for

Coronavirus (COVID-19) with cough etiquette

There is evidence that Coronavirus (COVID-19) spreads from person to person by contact with droplets from an infected person's cough or sneeze.

Touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face, can cause infection.

GOOD SNEEZE AND COUGH HYGIENE IS THE BEST DEFENCE AGAINST MOST VIRUSES:



Cover coughs and sneezes. Dispose of tissues and wash your hands or use an alcohol-based hand sanitiser. If you don't have a tissue, cough or sneeze into your sleeve.



Wash hands frequently with soap and water, before and after eating and after going to the toilet.



If unwell, avoid contact with others (touching, kissing and other intimate contact).

Learn more about Coronavirus (COVID-19) at:
www.ada.org.au