

# COVER YOUR COUGH OR SNEEZE



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**DO NOT COUGH  
OR SNEEZE INTO  
YOUR HANDS**



**COUGH AND  
SNEEZE INTO  
YOUR ELBOW**

— WASH YOUR HANDS AFTER COUGHING OR SNEEZING AND **BEFORE** TOUCHING YOUR FACE! —

[hnhu.org/COVID-19](https://hnhu.org/COVID-19)

Health and  
Social Services  
Halimand and Norfolk