

COVER YOUR COUGH

Follow Cough and Sneeze Etiquette



Cover Your Cough

- When coughing or sneezing, use a tissue to cover your nose and mouth.
- Dispose of the tissue afterwards.
- If you don't have a tissue, cough or sneeze into your elbow.



Wash Your Hands

- After coughing, sneezing, or blowing your nose, wash your hands with soap and water.
- Use an alcohol-based hand sanitiser if you don't have access to soap and water.

Cough and sneeze into a tissue or your sleeve

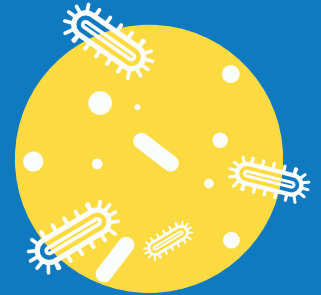
When you feel a sneeze or a cough coming on, covering your mouth to prevent the spread of germs.

Regular hand washing is the most important measure in fighting gastrointestinal and respiratory infections.

We are estimated to have around 1,500 bacteria living on each square centimetre of skin on our hands.

Bacteria can stay alive on your hands for up to 3 hours and in just 7 hours, 1 bacteria on your hands can generate 2,097,152 bacteria!

Viruses can survive for hours



According to Live Science, about 3,000 droplets of saliva are expelled out of the mouth at speeds of up to 80km/hr in a single cough.

Coughing spreads droplets as far as 6m and sneezing up to 8m. These droplets remain suspended in the air for up to 10 minutes, allowing ample time to be breathed in by other people.

When droplets hit a surface viruses can survive and become airborne later on. Virus particles can survive for hours on paper and days on steel and plastic.

Together we can stop the spread of germs our community.



For more health information,
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sirbrianbellfoundation.org.pg