



# Caution!

## COUGH ETIQUETTE

**NG**



Cough or sneeze without covering your mouth

**NG**



Cough or sneeze by covering with your hands

**Keep cough etiquette to prevent virus from spreading**

**Good**



Cover your mouth and nose with a tissue or handkerchief

**Good**



Wear a mask to cover your mouth and nose

**Good**



Cover your mouth with your arm if you have nothing with you to cover your mouth or nose

**How to wash your hands correctly !**

①



Wet your hands with running water, apply soap and rub your hands and palm well.

②



Rub like stretching the back of your hands

③



Rub finger tips and nails

④



Clean between your fingers

⑤



Twist and clean your thumbs and palms

⑥



Clean your wrists

⑦



Rinse well with running water

⑧



Dry with a clean towel or paper towel