

When Coughing or Sneezing....



1. Turn your head away from others....
2. Use a tissue to cover your nose and mouth....



3. Dispose of the tissue afterwards in a waste bin....



4. Wash your hands....

Wet your hands with clean running water and soap. Rub your hands together for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend

- Further Information -

<http://www.ndsc.ie/hpsc/A-Z/EmergencyPlanning/AvianPandemicInfluenza/SwineInfluenza/AdviceforHealthProfessionals/General/>