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NHS

Respiratory and cough hygiene



- Cough or sneeze into a clean disposable tissue, not into your hands and not into the air.



- Dispose of the tissue immediately into the nearest waste bin or waste bag.



- If you do not have a tissue, cough or sneeze into the inside of your elbow or upper arm.



- Always clean your hands after coughing or sneezing, either using soap and warm running water, alcohol handrub or hand wipes.

These steps will help prevent the spread of colds, flu and other respiratory infections.

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