

Thank you for your cooperation in virus countermeasures!

Cough Etiquette

Virus countermeasures are based on **cough etiquette**, including **washing hands**, **disinfecting hands with an alcohol-based sanitizer**, and **wearing a mask**.

..... **Stop the spread of germs**

Droplets from when you sneeze or cough may contain viruses.
Keep in mind the cough etiquette below.

✓ The 3 points of cough etiquette

OK!

✓ **1**



Wear a mask.

✓ **2**

If you don't have a mask



Cover your mouth and nose with a tissue or handkerchief.

✓ **3**

If the sneeze or cough is unexpected



Cover your mouth and nose with the inside of your elbow.

Do not...



Cough or sneeze without doing anything.



Cover your cough or sneeze directly with your hands.

Q The correct way to wear a mask

Securely cover both your nose and mouth.



Place the elastic loops around your ears.

Cover up to your nose so there is no space.