

RESPIRATORY HYGIENE

Influenza is mainly spread by droplet transmission; therefore, respiratory hygiene measures are important to reduce its spread.

Cough etiquette

- Use a tissue to cover your nose and mouth when coughing or sneezing. If a tissue is not available, it is preferable to cover your nose and mouth with the upper sleeve. Do NOT use your hands.
- Dispose of used tissues in the nearest waste receptacle.
- Wash your hands after covering a cough or sneeze.
- In common areas, try to sit at least 1 meter (3 feet) away from coughing individuals.