



Cough Etiquette

Limit collateral germs.

Coughing and sneezing can spread colds — even before people realize they're sick. Practice good cough etiquette. Move away from others before you cough or sneeze. Use a tissue or your elbow or upper sleeve to cover your mouth and nose. Wash or sanitize your hands afterward. If you know you have a cold, disinfect frequently touched surfaces to prevent the spread of germs.

And that's smart safety.

For additional information or guidance, contact your safety office.