

# KEEP THAT COUGH UNDER COVER.

Always cough or sneeze into your arm or a tissue and put the tissue in the bin straight away. Wash your hands with soap and water for at least 20 seconds afterwards.



**Together we can help stop the spread and stay healthy.**

For more information about Coronavirus  
(COVID-19) visit [health.gov.au](https://www.health.gov.au)

