

Sneezing Etiquette to Stop the Spread



Throw used
tissues in the
trash



Cover your
mouth and nose
with a tissue or
your bent elbow



Rub your hands
with an alcohol-based
sanitizer for 20
seconds
(If soap and water no available)



Wash your hands
with soap and
water for 40
seconds



الوقاية من فيروس كورونا هي مسؤولية مشتركة

**Prevention of COVID-19
is a mutual responsibility**

نعود بحذر