



# The correct way to cough and sneeze



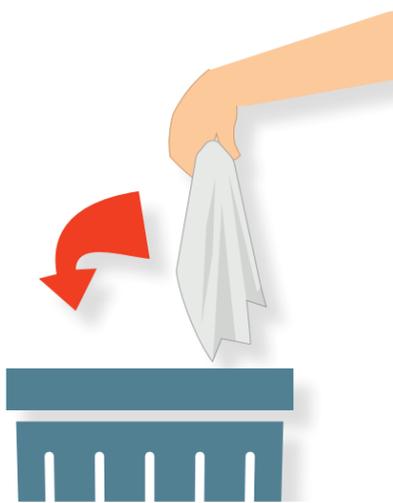
Ministerio  
de **Salud**  
Costa Rica



Cover your mouth and nose firmly with your upper arm, to trap all germ.



Or, cover your mouth and nose firmly with a disposable tissue.



Throw tissue in the trash.  
Do not litter.



Never touch your face without having washed your hands with soap and water.

**¡DETENGA EL CONTAGIO!**