5 Steps to stop the spread of respiratory illness

1. Cover your mouth and nose with tissues when coughing, sneezing, blowing and/or wiping your nose.

2. Dispose of tissues in the nearest waste bin after use.

3. If no tissues are available, cough or sneeze into your inner elbow rather than your hand.

4. Wash your hands with soap and water or alcohol-based handrub after coughing or sneezing into hands or tissues.

5. You may be asked to put on a face mask to protect others.

NSW GOVERNMENT