

Practice cough and sneeze etiquette, and prevent spreading infection.

What is cough etiquette?

**Good cough and sneeze manners to
prevent the spread of illnesses.**

What if I don't have a mask?



© World Health Organization Regional Office for the Western Pacific, 2016. All right reserved.

- ① Cover your mouth and nose with a tissue when you cough or sneeze.
- ② If you do not have a tissue, cover your mouth and nose with your arm.

Wear your mask properly.

<How to wear your mask>

- ① Make sure your nose and mouth are both covered.
- ② Pull the elastic strings around your ears.
- ③ Bend the stiff edge of the mask to securely fit over your nose

Health and Disease Control Division,
Nagano Prefecture (January 2020)