

Effective infection control measures against diseases such as COVID-19

COUGHING MANNERS AND HOW TO PROPERLY WEAR A MASK

When sneezing or coughing, the airborne droplets may contain a virus. Please follow the coughing manners as follows.

THREE COUGHING MANNERS

Practice cough manners in places where people congregate, such as trains, workplaces, and schools



Wear a mask (covering your mouth and nose)



Cover your mouth and nose with a tissue/handkerchief

When you do not have a mask



At a moment's notice



Cough or sneeze into your sleeves



Coughing or sneezing without covering your mouth or nose



Using your hands to cover coughs or sneezing

CORRECT WAY TO WEAR A MASK

1



Ensure that both your nose and mouth are covered

2



Put the elastic band around your ears

3



Cover your nose so that there are no gaps

