

# Coronavirus Safety Guide

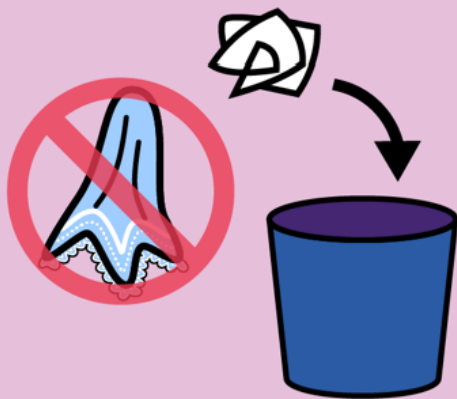
## TO COUGH OR SNEEZE

1. Bend your arm at the elbow.
2. Place your hand on the opposite shoulder.
3. Bend your head to your elbow.
4. Look towards the ground and cough or sneeze into the crook of your elbow.



## TO BLOW YOUR NOSE

1. Do not use cloth or other types of reusable handkerchiefs.
2. Throw out your tissue immediately.



**ALWAYS** clean your hands immediately afterwards!



Adapted from the *Coronavirus Safety Guide*, a collaboration from physicians at **Beth Israel Deaconess Medical Center** and **Harvard Medical School**.

See the full guide at: [bit.ly/Coronavirus\\_Safety\\_Guide](https://bit.ly/Coronavirus_Safety_Guide)



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