

COUGH AND SNEEZE INTO YOUR SLEEVE.

Keep your germs from spreading. It's easy.

Just do a modified dab!

- If you are about to cough or sneeze, lift your arms out to your sides
- Tuck your head down
- Put your nose and mouth into your elbow
- Cough or sneeze



LIKE THIS!



NOT LIKE THIS!



DO THE MODIFIED DAB!



Sioux Lookout
First Nations
Health Authority