

I'm going to sneeze! What should I do?

with a tissue



- Don't sneeze until the tissue is ready
- Sneeze or cough into it, throw it out immediately and wash your hands

without a tissue



- Sneeze or cough into the inside of your elbow



Don't cover your nose and mouth with bare hands: otherwise you'll turn your hands into a biological weapon



Sneezing and coughing in the open is bad (but you know that anyway)

Recommendations by the Centers for Disease Control and Prevention, US

source: **meduza** https://meduza.io/static/misc/sneeze_print.pdf