



REPUBLIC OF CYPRUS  
MINISTRY OF HEALTH

MEDICAL AND PUBLIC  
HEALTH SERVICES

# Protect yourself and those around you from respiratory diseases

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



**Throw tissue into closed bin immediately after use**

**Clean hands** with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

