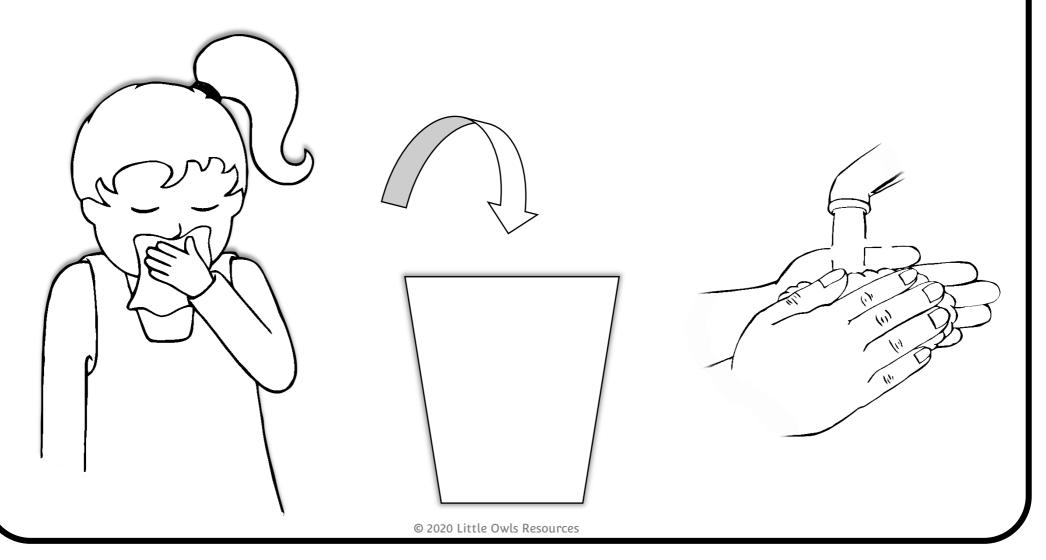
Sneeze or cough into a tissue, then throw it away and wash your hands.



If you don't have a tissue, sneeze or cough into your sleeve.



If you don't have a tissue, sneeze or cough into the crook of your elbow.

