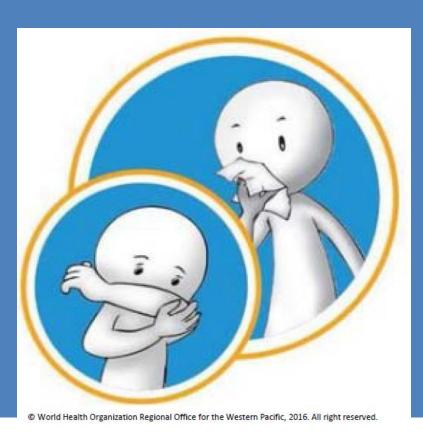
## Practice cough and sneeze etiquette, and prevent spreading infection.

What is cough etiquette?
Good cough and sneeze manners to prevent the spread of illnesses.

## What if I don't have a mask?



- Cover your mouth and nose with a tissue when you cough or sneeze.
- ② If you do not have a tissue, cover your mouth and nose with your arm.

## Wear your mask properly.

- <How to wear your mask>
- 1 Make sure your nose and mouth are both covered.
- 2 Pull the elastic strings around your ears.
- 3 Bend the stiff edge of the mask to securely fit over your nose

Health and Disease Control Division, Nagano Prefecture (January 2020)