

I am about to sneeze! What do I do?

with a tissue



- Hold it until you get the tissue
- Sneeze or cough into the tissue, throw it out immediately and wash your hands

without a tissue



- Sneeze or cough into the inside of your elbow



Never sneeze or cough into your hands: otherwise, they will quickly turn into a biological weapon



Sneezing and coughing without covering your face is bad (but you know that already)

Recommendations by the Centers for Disease Control and Prevention, US

meduza <http://tiny.cc/sneeze-en>