

Cover your Cough



the spread of germs that make you and others sick !




Cover your mouth and nose with a tissue when you cough or sneeze.

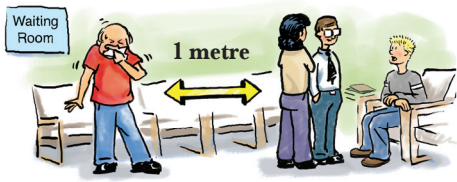
Put your used tissue in the waste basket.



or cough or sneeze into your upper sleeve, not your hands.



You may be asked to put on a surgical mask to protect others.



Waiting Room

1 metre

If you are coughing, please keep 1 metre distance between you and others while waiting to be seen.



Clean your Hands

After coughing or sneezing

Wash with soap and water or clean with alcohol-based hand cleaner



For the health and safety of our patients and staff, please don't visit if you are ill.

