



5. Avoid Loud or Uncovered Coughing

Turn your head away from others if you need to cough. Cough softly and keep it covered.

6. Inform Healthcare Staff If Symptoms Worsen

If your cough does not improve or is accompanied by fever, shortness of breath, or other symptoms, report to healthcare staff immediately.

1. Cover Your Mouth and Nose When Coughing or Sneezing

Use a tissue or handkerchief. If you don't have one, cover your mouth using your inner elbow.

Avoid using your bare hands as it can spread germs.

2. Dispose of Tissues Properly

Throw used tissues into a closed trash bin. Do not leave tissues on tables, chairs, or the floor.

3. Wash Your Hands After Coughing

Wash your hands with soap and running water for at least 20 seconds. If water is not available, use hand sanitizer.

4. Keep a Safe Distance

Maintain a distance of 1–2 meters from others, especially babies, the elderly, and people with weakened immune systems.



RSU Asy Syifa Sambi

Ikhtiar Menuju Sehat

057/L002/PKRS/RSAS/2024

SNEEZE ETIQUETTE IN THE HOSPITAL



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"Good cough etiquette protects you and those around you."

