

## COVID-19 Cover Your Cough

### 咳嗽时掩盖口鼻

Help prevent the spread of germs and protect yourself from COVID-19 and other respiratory viruses.

避免病菌传播，预防 COVID-19 和其他呼吸道感染。



Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and hands.

咳嗽和打喷嚏时请用卫生纸捂住口鼻，并立刻将卫生纸弃置于垃圾箱内和清洗双手。

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

如果没有卫生纸，请用衣袖和手臂掩盖口鼻。

详情请参阅 [toronto.ca/covid19](https://toronto.ca/covid19) 或致电 416-338-7600

Residents are reminded to use credible, evidence-based sources of information about this new coronavirus. Toronto Public Health's website is updated regularly as new information becomes available to help keep residents informed about COVID-19.

市民应参考循证可信的疫情资讯。多伦多公共卫生局网页会定期更新有关 COVID-19 的资讯。

Sources : Toronto Public Health 资料来源：多伦多卫生局

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