

Hawai'i  
Health  
@ Work  
Alliance

*A UHA Company*

## Cover When You Cough (Or Sneeze)!

Coughing and sneezing spread droplets as far as six and eight meters, respectively. These droplets stay suspended in the air for up to 10 minutes. Be kind to colleagues and friends by knowing the best practices to prevent spreading germs when you cough or sneeze.



Cough or sneeze into your elbow sleeve. This is called “The Vampire Cough”. Germs can’t live on fabric as well as they can on skin and hard surfaces, so this method can reduce the amount of germs spread to individuals.