

WORLD CUP
2026

Respiratory Etiquette

Do's and Don'ts

Protect yourself and others from pesky germs!



DO cover coughs and sneezes with a tissue or your elbow.



DO throw away used tissues in the trash.



DO wash your hands with soap and water after coughing, sneezing, or touching your face.



DO stay home if you are feeling unwell.



DO talk to your health care provider if you have symptoms.



DON'T cough or sneeze into your hands or without covering your mouth.



DON'T leave used tissues laying around.



DON'T touch your eyes, mouth, or nose with unwashed hands.



DON'T share cups, utensils, or personal items when sick.



DON'T ignore symptoms like coughing, sneezing, or a sore throat.