



WE CAN'T PROMISE THAT YOUR FAMILY WILL LISTEN TO YOU WHEN YOU OPEN YOUR MOUTH.



But we promise that if you cover your mouth when coughing, you will protect your family from TB.



Throw away the tissue.



Wash you hands.

Here's how you protect your family from TB.

1. Do **NOT** spit. If you must spit, spit into a tissue.
2. Throw away the tissue you used to cover your mouth and nose when you coughed or sneezed into a waste paper basket, a dustbin or a rubbish bin.
3. After coughing or sneezing, do not touch another person until you have thoroughly washed your hands with soap. Wash your hands with soap as often as possible – at least 4 times a day.



T B F R E E
Because every breath counts

If you think you have TB get a **FREE** TEST at your nearest clinic. Be sure - be cured.