



## What to Do When I Cough or Sneeze

Sometimes I need to cough or sneeze. When I cough or sneeze, I spread germs.



Germs can make me sick. Germs can make my family and friends sick.



[ocali.org](http://ocali.org) | [www.ocali.org/center/autism](http://www.ocali.org/center/autism)

Follow us on Twitter: @OCALIAutismCtr

Follow us on Instagram: @ocaliautismcenter



If I use my hands to cover my mouth and nose when I cough or sneeze, I will spread germs.



When I sneeze or cough, I will try to:

- Use a tissue to wipe my mouth and nose and throw the tissue away



- Wash my hands



[ocali.org](http://ocali.org) | [www.ocali.org/center/autism](http://www.ocali.org/center/autism)

Follow us on Twitter: @OCALIAutismCtr

Follow us on Instagram: @ocaliautismcenter



If I don't have a tissue, I will try to:

- Bend my arm and cough or sneeze in my elbow



- Wash my hands



When I try to do these things, it will help keep me, my family and my friends healthy.



[ocali.org](http://ocali.org) | [www.ocali.org/center/autism](http://www.ocali.org/center/autism)

Follow us on Twitter: @OCALIAutismCtr

Follow us on Instagram: @ocaliautismcenter