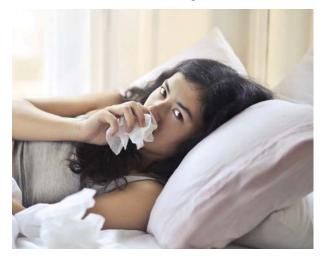


What to Do When I Cough or Sneeze

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.









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

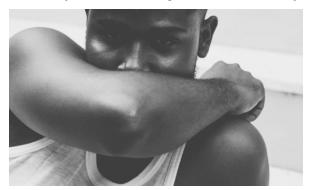






If I don't have a tissue, I will try to:

• 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.



