



I use a tissue when wiping my nose.

Sometimes my nose drips. It might happen if I have a cold or allergy. It can drip when I cry. Sometimes it drips when it is cold outside. No matter what the reason, I always use a tissue or handkerchief to wipe in and around my nose. If my nose gets irritated, there are special wipes I can use to help.

I don't use my sleeve or my clothes to wipe mucous from my nose. When I feel there is something in my nose, I should not use my fingers to pick it out. I can blow my nose to help get the mucous out. If I don't know how to blow my nose, I can ask a family member to teach me.

- When my nose is dripping, I get a clean tissue.
- I cover the bottom of my nose completely and gently wipe underneath my nose. Using my fingers, I lightly pinch the tissue around both of my nostrils and take the tissue away from my nose. If there is more mucous, I use another tissue.
- I wipe the bottom of my nose with my tissue.
- I always throw tissues away after I use them so I don't spread germs to other people.
- When I am finished wiping my nose, I wash my hands with soap and water to help stop germs from spreading.

