Healthier Me

I Take Care of Myself

I cover my cough and sneeze.

- I always cover my mouth and nose when I sneeze and cough.

- If I don't cover my coughs and sneezes, germs will be spread to other people. If I use my hands to cover my mouth or nose, I will spread the germs when I touch other people and things.

- When I cough or sneeze, I cover my nose and mouth with a tissue. I use the tissue to wipe my nose. I always throw out the used tissue in the trash can and then wash my hands completely.

- I can also use the inside of my elbow to cover my sneeze or cough. This helps to prevent germs from spreading.