Cover Your Coughs and Sneezes

Help stop germs from spreading by doing these simple steps:





Cover your mouth and nose with a tissue when you cough or sneeze.



If you don't have a tissue, cough or sneeze into your elbow.



Throw away used tissues in the trash.



Wash your hands with soap and water.



Use hand sanitizer if soap and water are not available.



Stay home when you are sick.

Help Keep Your Classroom Healthy Today!