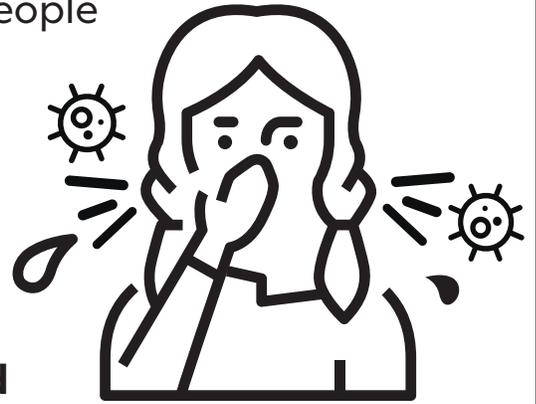


COVERING COUGHS AND SNEEZES

Why You Should Cover Your Coughs and Sneezes

Every time you **cough** or **sneeze**, you spray **germs** into the air. Some of those germs can make other people **sick**. That's why you should always **cover your mouth and nose** before you cough or sneeze.

You might think it's a good idea to cover your coughs and sneezes with your **hands**. It's **not!** You touch things with your hands all day long. If you get germs on your hands, you can **spread** them to other people.



What You Should Do

- **Cover your cough or sneeze with a tissue.**

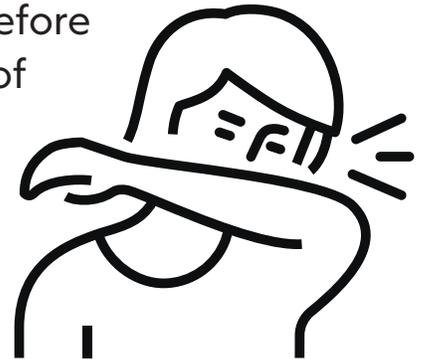
A tissue is a good way to catch the germs.

Then you can just throw it away when you're done!



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

Just raise your arm up to your nose and mouth before you cough or sneeze. That keeps the germs out of the air. It also keeps them away from your hands!



- **If you cough or sneeze into your hands, wash them right away.** Remember to use soap, and rub your hands together for at least 20 seconds.



KEEPING YOUR HANDS FROM TOUCHING YOUR FACE

Why You Should Keep Your Hands from Touching Your Face

Think about all the things you do with your **hands** every day. How many things do you **touch**? Sometimes, those things you touch carry **germs**. And some of those germs can make you **sick**.

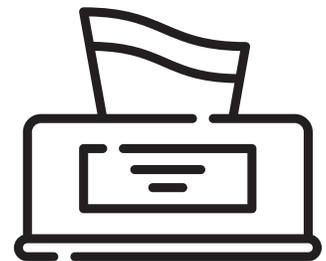
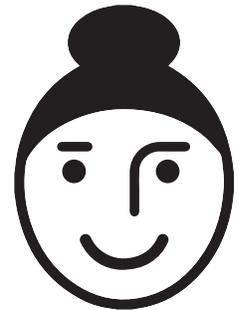


But most of the time, germs don't get into your **body** through your hands. They get in through your **mouth, nose, and eyes**. And if you touch your **face** with your hands, that's how those germs can get into your body. Think about it. How many times do you **itch your nose, rub your eyes, or brush your hair out of your face** every day?

You should keep your hands from touching your face. That's one good way to keep germs away.

What You Should Do

- **Keep your hair out of your face.** If your hair hangs into your face, it can tickle or block your eyes. Hair is a big reason people touch their face. Keep your hair short or pulled back so it stays away from your face.
- **Keep your hands busy.** If your hands are doing something else, you won't touch your face as much. Fidget toys are a great way to keep your hands busy.
- **Keep tissues with you.** If you need to touch your face, you can use the tissue instead of your hands. Then just throw the tissue away.

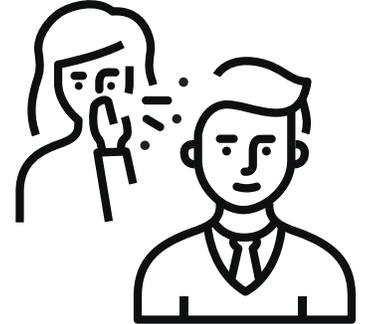


STAYING HOME IF YOU ARE SICK

Why You Should Stay Home If You Are Sick

Germs can spread in many ways. One of the main ways is from **one person to another person**. If you have germs that make you **sick**, you can spread those germs to other people. Those people can then get sick too.

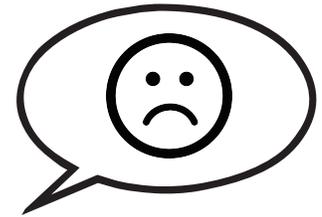
This can happen by **coughing** or **sneezing**, which sends germs into the **air**. It can also happen by **touching** things that other people also touch.



If you are sick, the best thing to do is **stay home**. That way, you won't be around lots of other people. If you're not around lots of other people, you won't **spread** your germs to them.

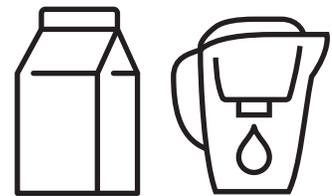
What You Should Do

- **Tell a parent or guardian if you feel sick.** They can help figure out what's wrong. They can also get help from a doctor if you need it.

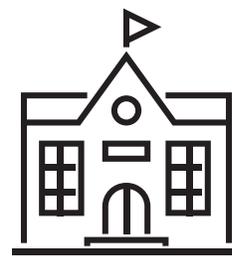
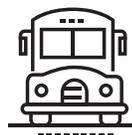


- **Stay away from crowded places.** School is a crowded place with lots of other kids. You don't want to spread your germs to them. It can make them sick too!

- **Rest and drink lots of fluids.** This helps your body as it fights back against the germs.



- **Only go back to school after you feel better.** You want to make sure the germs are gone so you can't spread them to other people.



WASHING YOUR HANDS

Why You Should Wash Your Hands

Your **hands** are important **tools** for doing things. Think about all the different things you use your hands for. You probably use your hands to **draw, play games, open doors, eat lunch, and many other things.**

Like any tools, your hands can get **dirty** from doing all that work. But it's not just dirt that can get on your hands. **Germs** are everywhere around you. Every time you **touch** something with your hands, you could be picking up germs. Some germs **help** your body work. But other germs can make you **sick.**

That's why it's important to **wash your hands.** Washing your hands the right way gets rid of germs so they can't make you sick. And it keeps you from **passing germs on** to someone else.

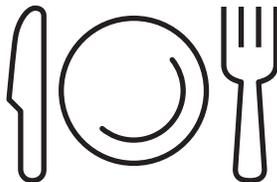


Sounds easy, right? It is... but you have to make sure you're washing your hands the right way.

When You Should Wash Your Hands

Wash your hands **BEFORE:**

- Making food
- Eating food
- Visiting someone who is sick



Wash your hands **AFTER:**

- Playing outside
- Using the restroom
- Visiting someone who is sick
- Touching pets or other animals
- Coughing or sneezing



How You Should Wash Your Hands

- Always wash your hands with **soap.** Soap is the best way to remove germs.
- Use **warm** or **cold** water.
- **Rub your hands together** to make sure soap gets all over them.



- **Keep washing** for as long as it takes to sing or hum the "Happy Birthday" song.
- **Rinse away** the soap and **dry your hands** with a clean, dry towel.