Sharing is great!
But *don't* share germs!

Germs can make you sick. Germs can spread through the air when someone coughs or sneezes.

A sneeze can shoot germs out of your nose at 100 mph!

So cough or sneeze into your elbow.

Not into the air.

And not into your hands. Because germs can spread from your hands to the things (and people!) you touch.

If you **cough or sneeze** into your hands, wash your hands with soap and water or use hand sanitizer.

If you cough, sneeze, or **blow your nose** into a tissue, throw away the tissue and wash your hands with soap and water or use hand sanitizer.

KidsHealth®

KidsHealth.org