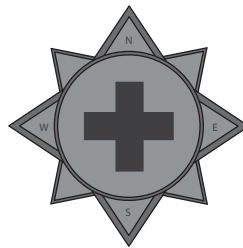


COUGHS AND SNEEZES

Colds and snivels are the worst. Sometimes my little raccoon nose gets so red and sore it almost glows.

Now you know what they say, “Coughs and sneezes spread diseases!” So it is really, really important to make sure that when we cough or sneeze we use good hygiene to help protect people around us from getting sick ... it’s simply the right thing to do.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Do five practice coughs and five pretend sneezes to demonstrate to your parents you understand how to protect others from germs.
- Over the next two weeks, any time you cough or sneeze, and I hope it is none, but it is getting to be that season, use what you have learned.

1. When you cough or sneeze, look away from people so you don’t do it in their direction. Cover your nose and mouth.

2. Cough or sneeze into your elbow. This is super easy. When you cough or sneeze, instead of covering your mouth and nose with your hand and then having all those germs on your wet hands to spread to everything you touch, do it into your elbow.



3. Keep your hands washed. Yes, with soap.

This will help to keep germs off you and lessen the chance of spreading those germs to other people.