

Do it in your sleeve!

Cover your Coughs and Sneezes

For parents of young children, cold and flu season can seem like an endless cycle of someone getting sick, recovering and then catching it all over again.

Besides regular hand washing, another important way to prevent the spread of illness-causing germs is by covering coughs and sneezes, the right way!

In the past, we taught our children to cover their coughs and sneezes by using their hands. But, if hands are not cleaned right away, the germs are transferred to other surfaces and could be passed on to continue the cold and flu cycle.

The correct way to prevent the spread of germs is by using a tissue or the upper sleeve to cover coughs and sneezes.

COVER COUGHS AND SNEEZES THE RIGHT WAY!

- Cover your mouth or nose with a tissue when coughing or sneezing.
- Put all used tissues in the garbage right away.
- Cough or sneeze into your upper sleeve, not your hands, if a tissue is not available.
- Clean your hands after by washing with soap and warm water or using an alcohol-based hand cleaner.

COACH YOUR KIDS!

- Show both “bad” and “good” techniques and explain how using a tissue or sleeve traps germs while coughing or sneezing into hands can spread germs.
- Visit www.coughsafe.com/media.html and watch the video “Why don’t we do it in our sleeves?” to see the technique demonstrated in a fun way.
- Help your children practice the right technique and offer gentle reminders if needed.
- Be a role model to reinforce the idea of using either a tissue or the upper sleeve to cover coughs and sneezes.



*Are you coughing?
Are you sneezing?
Cover your mouth.
Cover your nose.
Germs are always flying.
Germs are always flying.
Use your sleeve.
Use your sleeve.*

Sung to the tune of
“Frère Jacques”

Preventing the spread of illness-causing germs starts at home!

