



What to do if I want to cough?

Cough or sneeze into your elbow and remember to wash your hands right after!



Feeling sick? Tell your parents, a relative or your teacher.



How do I wash my hands?

Always wash hands with soap and water. Scrub your hands for 20 seconds by counting to 20 or singing the ABCs.

Name: _____

Class: _____

Subject: _____

Teacher: _____