

# Coughs and Sneezes Spread Diseases

We can all play our part in staying healthy



Simple hygiene measures can stop the spread of most illnesses in school, what can you do?



## Washing your hands

After using the bathroom  
After coughing, sneezing or blowing nose  
When your hands are dirty  
Before eating  
After playing outside and sharing resources

## Use a Tissue

Use a tissue to catch your coughs and sneezes  
Throw the dirty tissue away  
Wash your hands

If you don't have a tissue, put your arm in front of your face to protect others from your germs

