

## Children: how you should cough or sneeze, to avoid spreading lots of germs

### **Cover your cough**

when you cough or sneeze, cover your nose and mouth with a tissue;

throw away your tissue, into a proper bag or bin, as soon as you've used it.

wash your hands

### **Wash your hands frequently:**

On days when you are coughing, sneezing or blowing your nose, frequently wash your hands often with soap and water; or, if you can't use soap and water, use wipes or gels.

See more advice below at: "How to wash and dry your hands".

#### **Remember:**

*Washing your hands is the single best way that you can help stop spreading germs that cause illness with coughs and sneezes.*

### **How to wash and dry your hands with soap and water**

1 Wet your hands with warm water, then add soap.

Rub in the soap, while you count to fifteen. Make sure you rub the soap into:

the backs of your hands;

the backs of your fingers;

your finger-nails;

your finger-tips;

the skin between your fingers.

3 Rinse your hands under running water.

4 Dry your hands with a disposable paper towel or a hot-air blower.

[If you are wearing any rings or bracelets, remove them before washing your hands. If you have any cuts or scratches, cover them with a clean dressing]