



# How to cough, sneeze and blow your nose


## With a tissue:

**1**



Want to stop germs? Then here's how it goes...  
Cover your mouth and cover your nose,  
so easy-peasy and never an issue,  
all that you need, is to use  
a big tissue.

**2**



Then throw it in  
bin, just get it away,  
that will help keep all the  
bad germs at bay.

**3**



So now wash your hands  
to stay nice 'n clean,  
germs will all cry, "now we'll  
never be seen!"

## If you don't have a tissue:

**4**



Use sleeve at your elbow to cough  
and to sneeze. (By bending your arm,  
you will do this with ease).

**5**



No sleeve on your arm? Well that  
doesn't matter, turn head onto shoulder,  
to stop the germs scatter!

**6**



Don't use your hands though, however you dress,  
those horrible germs simply love all the mess!  
And don't touch your face or your nose  
or your eyes and friends all around you,  
will think you're so wise!