

Please Don't Sneeze!: The Etiquette of Coughing and Sneezing

We've all been there: you're in a public place, and someone starts to sneeze. You can't help but cringe, knowing that you're about to be bombarded with a cloud of germs. But what's the proper etiquette when it comes to coughing and sneezing?

Cover your mouth and nose. This is the most important thing you can do to prevent the spread of germs. When you cough or sneeze, cover your mouth and nose with a tissue. If you don't have a tissue, cough or sneeze into your elbow.

Turn away from others. If possible, turn away from others when you cough or sneeze. This will help to prevent the spread of germs.



PLEASE DON'T SNEEZE: : Children's books: for Halloween: to Teach Your Child Stay Healthy And Safe (Bedtime book (Picture) kids books (ages 3-5) 3)

by Sigal Adler

★★★★☆ 4.6 out of 5

Language : English

File size : 2873 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Lending : Enabled

Print length : 58 pages



Wash your hands. After you cough or sneeze, wash your hands with soap and water. This will help to remove any germs that may have gotten on your hands.

Stay home if you're sick. If you're sick, it's best to stay home so that you don't spread your illness to others.

Get vaccinated. The flu vaccine is the best way to protect yourself from the flu. If you get vaccinated, you're less likely to get the flu, and if you do get the flu, you're likely to have milder symptoms.

Cough and sneeze etiquette is important for preventing the spread of germs. By following these simple tips, you can help to keep yourself and others healthy.

Additional Tips

- **Use a tissue to cover your mouth and nose when you cough or sneeze.** If you don't have a tissue, use your elbow.
- **Turn away from others when you cough or sneeze.** This will help to prevent the spread of germs.
- **Wash your hands with soap and water after you cough or sneeze.** This will help to remove any germs that may have gotten on your hands.
- **Stay home if you're sick.** If you're sick, it's best to stay home so that you don't spread your illness to others.
- **Get vaccinated.** The flu vaccine is the best way to protect yourself from the flu. If you get vaccinated, you're less likely to get the flu, and if

you do get the flu, you're likely to have milder symptoms.

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