

I can help myself to stay healthy and prevent others from getting sick



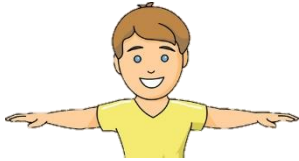
I cover my sneezes and coughs into my arm to help stop germs from spreading to other people.



When I wipe my nose, I use a tissue. When finished with the tissue, I throw it into a trash can and wash my hands.



It is important to avoid touching my face as much as possible.



To prevent germs from spreading, I try to stand at least an arm's distance from other people.



Instead of shaking hands with another person, I can wave to them.



I can clean an area before I touch it using a disinfecting wipe.



I should try to avoid being near people who are sick.

