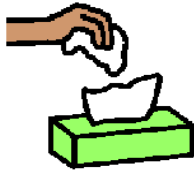


## When I sneeze or cough

When I have the cold or a runny nose, I may need to sneeze or clean my nose.



I need to go and get a tissue from the box.



Then I need to cover my nose with the tissue and blow into it.



Sometimes I may need to cover my mouth and cough into the tissue.



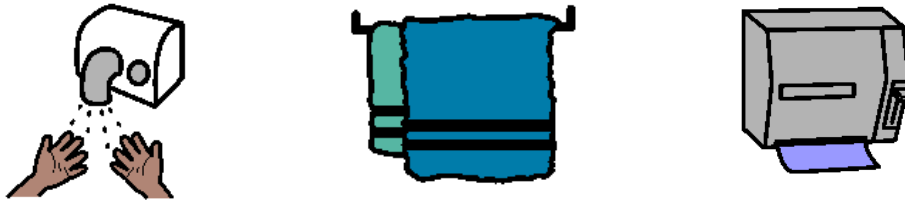
Then I need to throw the tissue in the bin.



Afterwards I need to go and wash my hands  
with soap



then dry my hands.



I can also cough into my elbow if I don't have a  
tissue.



I will feel better and my teachers will be happy  
with me.

