

## How to cough and sneeze

	<p>When I cough or sneeze I must cover my nose and mouth</p>
	<p>It is not okay to cough or sneeze into my hand</p>
	<p>It is okay to cough into my elbow</p>
	<p>It is okay to sneeze into my elbow</p>
	<p>It is okay to cough or sneeze into a tissue</p>

	<p>I will then put my tissue in the bin and wash my hands</p>
	<p>I can ask staff if I need help remembering how to cough and sneeze</p>