

Sneeze Into Your Sleeve Health Department

ACHOO!

Germes are spread through coughs and sneezes. Most people know this and cover their coughs and sneezes. But lots of grown-ups don't know you shouldn't use your hands. Watch these adults and help us grade their sneezing and coughing techniques.

Cough, Cough, Cough
Achoo, Achoo, Achoo
BUZZER and F-

Achoo-then shakes hands with a visitor
BUZZER and F-

Sneezes and reaches for door knob
BUZZER and F-

YUCK!

The best way to stop the spread of germes is to cough or sneeze into your sleeve. Now let's see some examples of proper techniques.

Achoo!
Applause and A+

Achoo!, Achoo!, Achoo!
Applause and A+

Achoo!
Applause and A+

So remember, sneeze into your sleeve and cover your cough.