



GET AN **A+** IN SNEEZING



**Feel a sneeze (or cough) coming on?
Here are things you can do to not spread germs.**

- Step 1:** Move away from others when you sneeze or cough
- Step 2:** Cover your nose and mouth with a tissue or your elbow
- Step 3:** After you've sneezed or coughed, wash your hands as soon as possible



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

**Protect yourself and your
school from getting sick. Visit:
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