

# Cover Sneezes and Coughs

When you have a cold,  
you sneeze.

When you have a cold,  
you cough.

Coughing and sneezing  
spread germs.

Germs make people sick.

You can stop germs from  
spreading.

When you cough, cover  
your mouth.

When you sneeze, use a tissue.

If you do not have a tissue, cough  
or sneeze into your sleeve.

