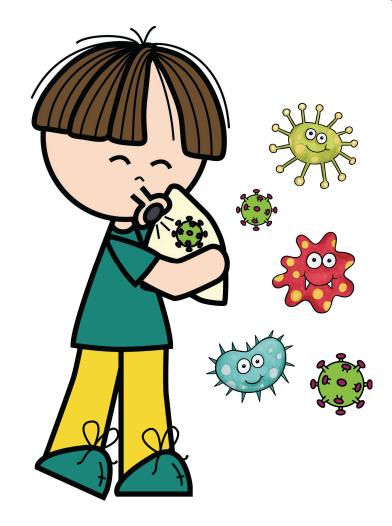


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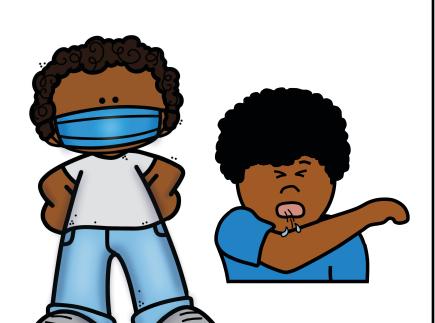


Coughing and sneezing can spread droplets and germs.

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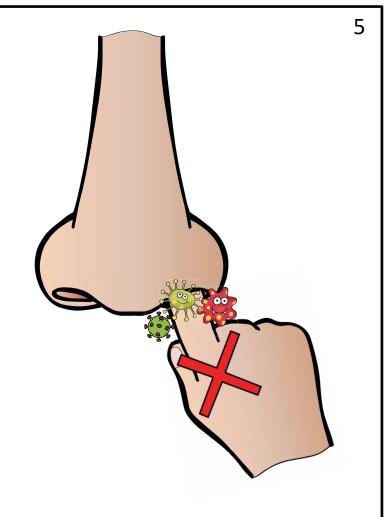


I can try my best to cough and sneeze into my elbow.



Wearing a mask can also help catch the droplets. If I'm not wearing a mask, coughing into my elbow is best!

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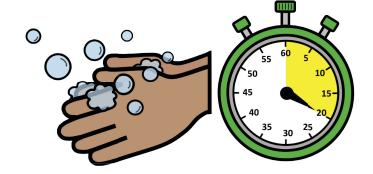


I should keep my fingers out of my nose. Fingers in noses can spread germs.



Instead, I can use a tissue to clean my nose. I can throw the tissue away when I'm done.

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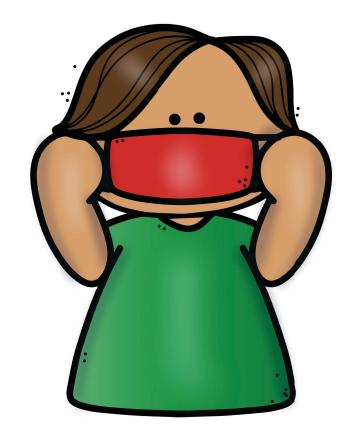
Then, I should wash my hands or use hand sanitizer to clean my hands.





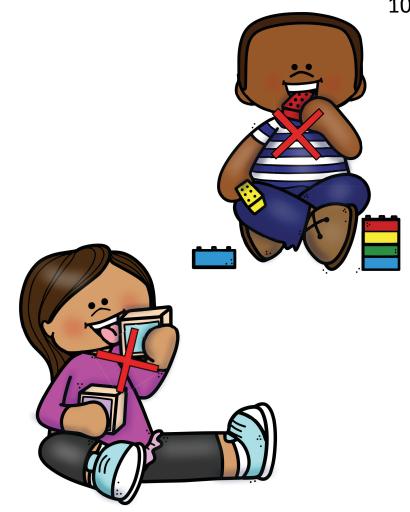
Another way to stop the spread of germs is by not touching my eyes, nose, mouth or face.

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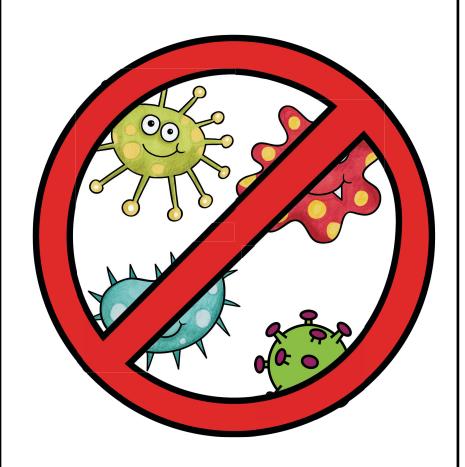
If I am wearing a mask, it is best to touch it only when I am putting it on or taking it off.





Keeping toys and school supplies out of my mouth will also stop the spread of germs.

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My teachers and family will be so proud of me when I do my part to help stop the spread of germs!



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Resources and ideas for families and educators

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Speech/Language Pathologist