

1. ❓ How can I help protect others when I cough or sneeze?
2. 🙋 Cover your mouth and nose with a tissue, throw it away, and clean your hands. If no tissue is available, use the inside of your elbow instead of your hands.
3. ⏳ In 2007, CDC guidance added respiratory hygiene and cough etiquette to Standard Precautions in healthcare. Lessons from the 2003 SARS outbreaks helped show why prevention should begin when a person first enters a clinic.
4. 💡 If a sneeze surprises you in class and you have no tissue, cover it with your elbow. Afterward, clean your hands and ask a teacher for supplies if you need them.
5. 🔍 A hand used to cover a cough can carry germs to shared objects or your face. Covering and hand cleaning work together; neither promises that nobody will get sick.
6. 🌎 Caring for others includes ordinary habits that reduce avoidable risks. Remind a friend kindly, and offer a tissue without teasing someone who coughs.
7. 🎯 Without actually coughing, practice the tissue–trash–clean hands routine. Then point out where tissues, a bin, and handwashing supplies are available. Tell a trusted adult if something is missing.

References · CDC: Coughing and sneezing · CDC: Respiratory hygiene · CDC: 2007 isolation guideline
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