Sharing is great! But *don’t* share germs!

Germs can make you sick. Germs can spread through the air when someone coughs or sneezes.

**A sneeze can shoot germs out of your nose at 100 mph!**

- **So cough or sneeze into your elbow.**
- **Not into the air.**
- **And not into your hands.** Because germs can spread from your hands to the things (and people!) you touch.

If you **cough or sneeze** into your hands, wash your hands with soap and water or use hand sanitizer.

If you cough, sneeze, or **blow your nose** into a tissue, throw away the tissue and wash your hands with soap and water or use hand sanitizer.