



Name: _____

Date: _____

“Cough, Cough, Cough and Sneeze”

Instructions: Sing to the tune of “Row, Row, Row Your Boat” to remind yourself of good hygiene habits and protect yourself from colds, the flu, and other germs.



Cough, cough, cough and sneeze,
But not into your hand.
Use a tissue or an elbow,
That’s the law of the land!



Wash, wash, wash your hands,
Wash them every day.
After you go and before you eat,
Keeps yucky germs away!



Keep, keep, keep your hands
Out of your eyes, mouth, nose.
Stay away from colds and flu,
So you can stay on your toes!

