

Do your part to stop Spreading germs!

Why do we cough?

A cough is your body's way to move dust or germs out. We also cough when our throat or lungs are itchy or sick. Coughing helps to fight off germs and sickness.

Why do I need to cover my cough?

Tiny water drops in your breath can have germs like coronavirus. The drops can go to another kid's mouth or nose when you cough, talk or sneeze. Covering your cough keeps your germs from other kids.

How should I cover my cough?

Cough into your elbow to keep your germs from spreading. If you cough into your hands, be sure to wash your hands well or use hand sanitizer.

Why is it really important to cover my cough now?

Right now, coronavirus germs are spreading from one person to another. Covering your cough helps keep those germs from getting others sick. You could spread germs to other people even if you do not feel sick. You can't help it if you have to cough, so just remember to cover it up!

What else can I do to help conquer coronavirus?

Covering coughs is a great start! To be an expert COVID Conqueror, try being all the superheroes:

- Captain Cough - Cover coughs with your elbow
- Dynamic Distance - Stay 6 feet from others
- Wonder Washer - Wash your hands for 20 seconds
- Mighty Mask - Wear a mask

CHILDREN'S
COVID-19
CONQUERORS

CAPTAIN
COUGH



Cover your cough.



Children's
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Kids deserve the best.