Do your part to stop the spread!

Why do we cough?

Coughing is a body's way of removing something from our lungs and airways so we can breathe easier. We also cough when our lungs are irritated or have an infection. It's a helpful defense when colds and other illnesses keep your body from being its healthiest.

Why do we need to cover our cough?

When you talk, sing or cough, you send little droplets of liquid into the air. If you're sick, these droplets can transfer your infection to others.

Why do they say to cover a cough into your sleeve?

If you think about it, coughing into your hand gets your hand dirty. If you cough and then touch your face, a stair railing or anything else, you are spreading those germs around. If you cough into your elbow, you are less likely to spread those germs. If you do cough into your hands, be sure to wash your hands well or use hand sanitizer.

Why is it especially important right now to cover our coughs during COVID-19?

Research shows that the COVID-19 virus is spread easily through these tiny droplets. Some people don't know they have COVID-19, so they could be spreading it to others without even knowing it. You can't help it if you have to cough, so that's why wearing a mask and covering when you cough helps keep those droplets from spreading out into the air and getting other people sick.

What else can I do to help conquer COVID-19?

Covering your cough and wearing a mask is a great start. Combine it with other actions that reduce the spread of COVID-19 like practicing physical distancing, avoiding touching your face, and washing your hands with soap and water for at least 20 seconds.

CHILDREN'S COVID-19 CONQUERORS

CAPTAIN COUGH

Cover your cough.

Children's Wisconsin

Kids deserve the best.