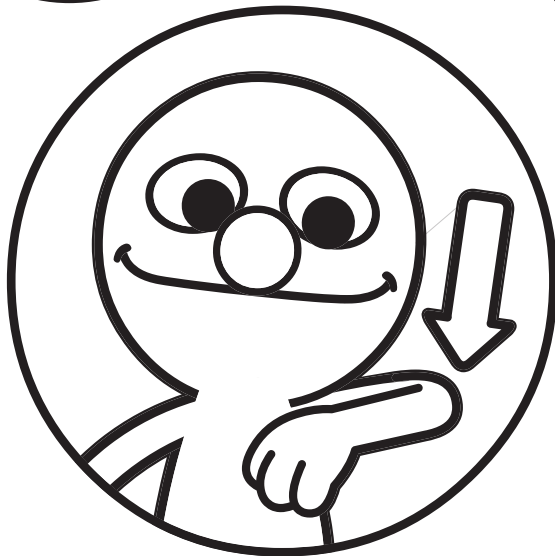


# Sneeze and Cough Safely With Grover

When you feel a tickle in your nose or throat, remember that there's a right way to sneeze and cough! Sneezing and coughing into the bend of your arm or elbow helps keep hands germ-free. It's as easy as 1, 2, 3.



Realize you are about to sneeze or cough.



Move your elbow toward your mouth.



Sneeze or cough into the bend of your arm.

