

# Ah... Ah... Choo!



## **Quick Description**

Children and staff will learn the proper way to cough and sneeze.

## **Required Materials**

- ★ Pamphlets and posters about respiratory etiquette (optional)
- ★ Tissue
- ★ Alcohol based hand rub or soap & water
- ★ Waste basket

## **Preparation**

Decide when you would like to do the demonstration. A staff meeting is a good time to present to your colleagues.

## **Directions**

- ★ Demonstrate coughing into one's sleeve.
- ★ Demonstrate coughing into a tissue followed by discarding the tissue into a waste basket.
- ★ Reinforce the importance of handwashing after coughing and sneezing. You may use soap & water or alcohol based hand rub.

## **Variations**

- ★ You may decide to ask 4-6 children to demonstrate the new technique.

## **Major Learning Concepts**

- ★ Cough and sneeze etiquette
- ★ Prevention of germ transmission

