



## **Cover Your Cough: Get the Habit! Pamphlet (Teens and Adults)**

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# Cover Your Cough: Get the Habit! Pamphlet (Teens and Adults)

## Cover Your Cough: Get the Habit! Pamphlet (Teens and Adults)

Coughing and sneezing is one of the biggest reasons germs are spread in public. Cover Your Cough: Get the Habit! is a great educational pamphlet designed to help teens and adults stop germs where they start. The pamphlet offers techniques on coughing or sneezing into your sleeve or a tissue. Cover Your Cough: Get the Habit! also gives tips on washing your hands or using a hand cleaner, and covers ways to get into the habit, protecting yourself and others, and teaching kids to stop germs. The pamphlet was developed by health professionals at ETR Associates, a 30-year old non-profit health promotion company.

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