

## I NEED TO TELL SOMEONE IF I HAVE...



A FEVER



A RUNNY  
NOSE



A SORE THROAT  
OR COUGH



A HARD TIME  
BREATHING

## IF I FEEL SICK, I SHOULD...

- Stay home.
- Call my doctor before going to see them.
- Cover my mouth and nose with a tissue when I cough or sneeze, then throw my used tissue in a garbage can.
- Wash my hands often with soap and water. Sing the “Happy Birthday” song twice as I wash. When I am done singing, I can turn off the water and dry my hands.
- Keep personal items to myself.