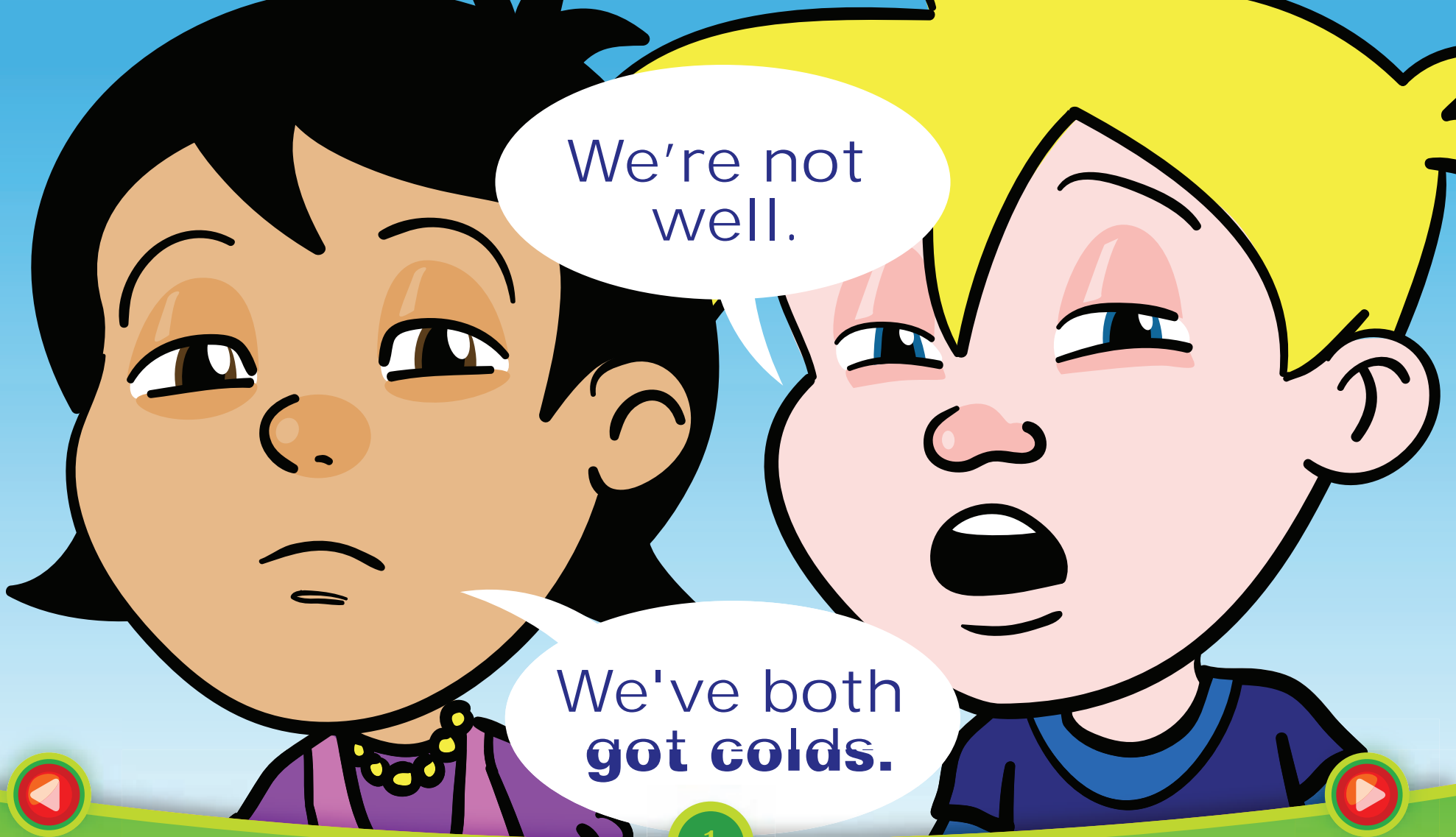




START

Tissues to the rescue!



We're not well.

We've both got colds.



BACK

1



NEXT

Nathan Noseblow and Suki Sneeze both have a cold.



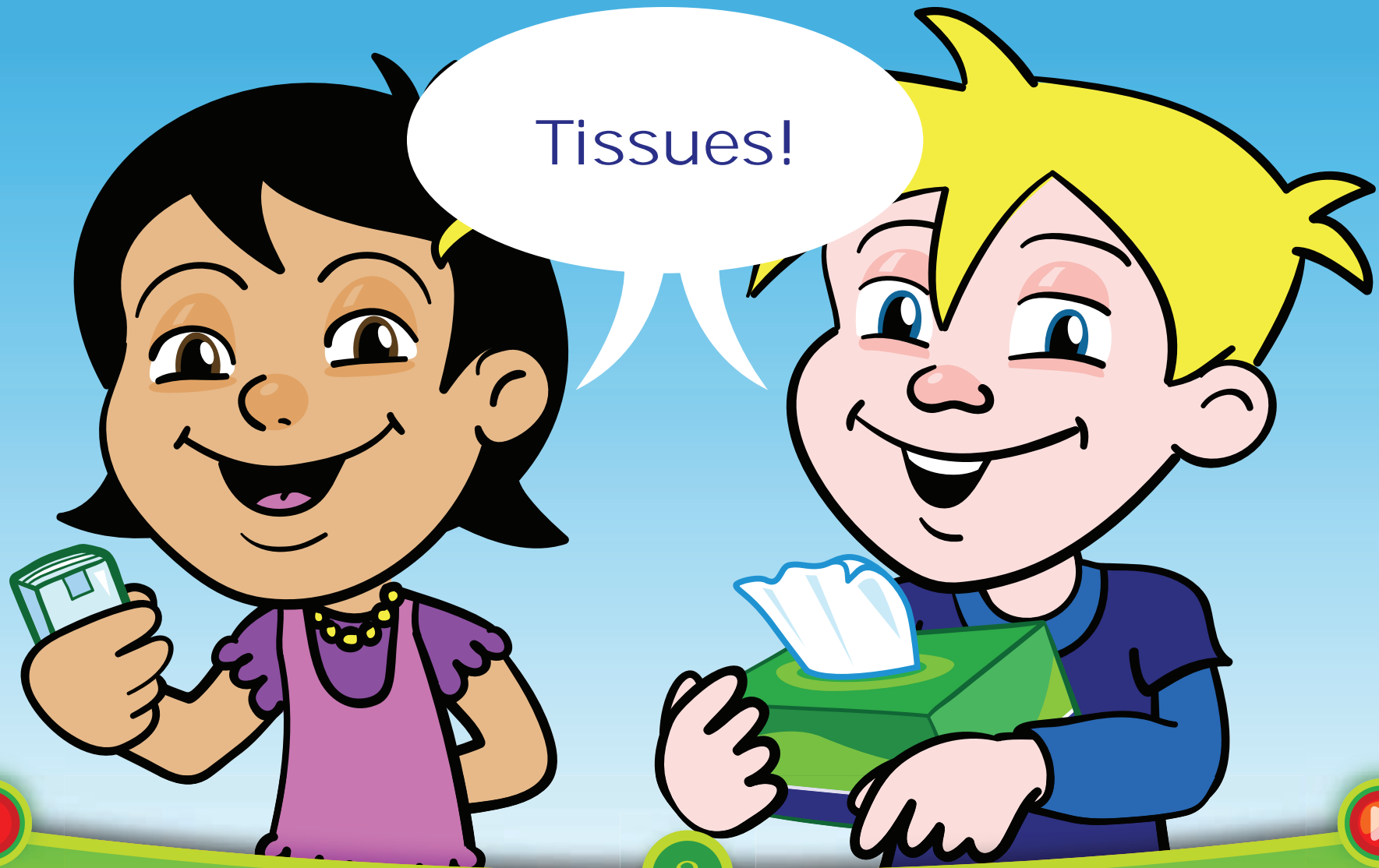
BACK

2



NEXT

How can Nathan and Suki help stop the germs spreading?



Tissues!



BACK

3



NEXT

Here's how.



BACK

4



NEXT

Nathan still has a runny nose,  
but now he knows that sniffing is not very nice.



BACK

5



NEXT

And Nathan is not going to wipe his nose on his sleeve. He's going to blow his nose with a tissue.



BACK

6



NEXT

He holds the tissue to his nose...



BACK

7



NEXT

Nathan breathes in, then closes his mouth and blows his nose.



BACK

8



NEXT

Good boy, Nathan! You've blown your nose properly. The germs are in the tissue, not in the air or on your hands.



BACK

9



NEXT

Suki is about to cough, but she isn't going to cover her mouth with her hand.



BACK

10



NEXT

She is going to do something much better.  
She is going to cover her mouth with a tissue.



cough!  
cough!



BACK

11



NEXT

She holds it over her mouth as she coughs.



The germs are  
in the tissue,  
not in the air.



BACK

12



NEXT

Well done, Suki! You've stopped germs going onto your hands and onto things around you.



BACK

13



NEXT

Nathan and Suki need to do two more things.  
Do you know what they are?



  
BACK

14

  
NEXT

Yes, they need to fold up the used tissues and throw them in a bin.



BACK

14



NEXT

Yes, they need to fold up the used tissues and throw them in a bin.



Water and soap  
wash germs  
away.



BACK

15



NEXT

Now they wash their hands.  
This is in case they have germs on them.

If we use tissues then other people are less likely to catch our colds.



BACK

16



NEXT

Good! That has helped stop the germs from spreading.



BACK

17



NEXT

If you don't want to spread a nasty cold or flu,  
remember...



BACK

18



NEXT

... don't sniff or wipe your nose.  
Blow it carefully with a tissue.



BACK

19



NEXT

Don't cough or sneeze into the air or your hands.  
Cover your nose and mouth with a tissue.



Check if there are tissues  
in your classroom  
or at home!



BACK

21



NEXT

You can keep a packet of tissues in a pocket,  
or in your school bag or lunchbox.

1

Use a tissue to blow your nose and to cover your mouth when you cough or sneeze.



2

Throw used tissues in the bin.



3

Wash your hands with soap and water.



4

Try to keep a tissue handy!



22

BACK

So remember:  
Tissues help stop germs spreading!