

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Personal Hygiene - 2**

**ENGLISH**

Mr. Ba has learned about the germs that are in mucous. The mucous and spittle from your mouth contain germs that can get people sick. Do not spit inside... ever. Mr. Ba has learned that spitting spreads germs and can make other people sick, and it is considered very impolite in America.

Coughing into the air is another way of spreading germs. It is important to cover your mouth when you cough.

If necessary, Mr. Ba covers his mouth with his sleeve, or coughs into his elbow. Or even better, he coughs into a disposable paper tissue called a Kleenex. He does not cough into his hand because as soon as he touches things with his hand afterwards, he is spreading germs.

If Mr. Ba has a runny nose, he uses a disposable paper tissue, or Kleenex, and blows or wipes his nose in the tissue. Do not blow your nose into your shirt or your hand.