

Thumbs Up! Poster

Blowing, Breathing, Coughing



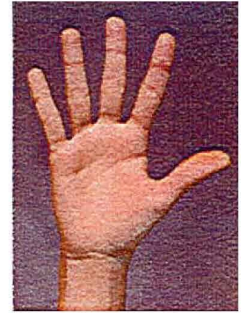
1. First I blow my nose



2. I put the tissue in the bin



3. I check my nose is empty



4. I take 5 deep Breaths



5. I do 2 big coughs



6. I do some exercise



7. I blow my nose again



8. I put the tissue in the bin



9. I take 5 more deep breaths



10. I do 2 more big coughs



11. I do some more exercise

I do the BBC again and again until my nose is empty

Then I always wash my hands



and my face



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