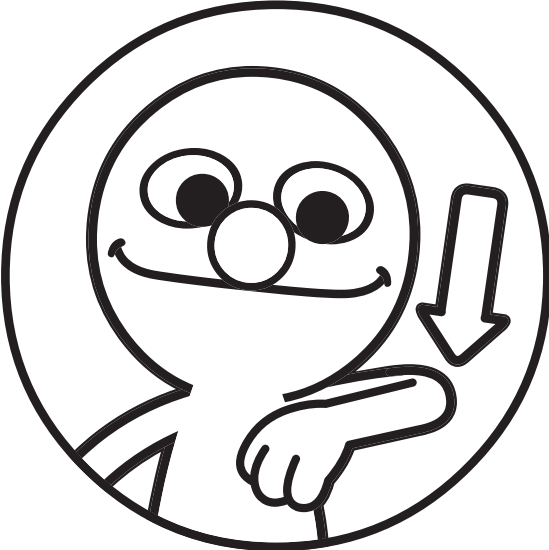# Sneeze and Cough Safely With Grover

When you feel a tickle in your nose or throat, remember that there's a right way to sneeze and cough! Sneezing and coughing into the bend of your arm or elbow helps keep hands germ-free. It's as easy as 1, 2, 3.

Step 1

Realize you are about to sneeze or cough.

Move your elbow toward your mouth.

Step 2

Step 3

Sneeze or cough into the bend of your arm.