



Positive Parent Campaign

## Teaching Your Child Cough Manners and Proper Hand Hygiene



30 Apr 2021  
Kindergarten | Primary | Secondary | Expert Advice



Centre for Health Protection  
Department of Health



Cover your Cough & Sneeze Then Clean your Hands Please

We have all been taking measures against Coronavirus Disease 2019 (COVID-19) pandemic. Apart from maintaining personal and environmental hygiene at all times, parents should also set an example to help their children develop good habits to prevent contracting and reduce the risk of spreading the virus. COVID-19 mainly spreads through respiratory droplets or contact. The Centre for Health Protection, Department of Health set this year's theme of Hand Hygiene Day on May 5 to be "Cover your Cough & Sneeze Then Clean your Hands Please" to remind all that cough manners and hand hygiene are simple and effective means to prevent infection.

It is easy for children to suffer from cross-infection in kindergartens or schools. Parents can teach their children about cough manners: when you feel itchy in your nose and about to sneeze, or your throat gets dry and about to cough, turn your face away from other people, cover your mouth and nose with a tissue immediately, discard used tissue in a lidded rubbish bin and clean hands with liquid soap and water. If there is no tissue with you, they can be taught to bend their arm, cover nose and mouth with blouse or upper sleeve, and then clean their hands. If hand washing facilities are not available, rub hands with 70-80% alcohol-based handrub for at least 20 seconds. Avoid covering mouth and nose with bare hands because they will then be covered with germs. When contaminated hands then touch common objects such as amusement park facilities, toys, handrails, seats, etc., they would contaminate the environment and spread germs.

During COVID-19 pandemic, parents and children need to wear masks when going out. Parents can remind their children that if they want to cough or sneeze, they should do so without pulling down the mask. They should also avoid touching the surface of the mask, because outer surface is likely to be contaminated. Dirty mask should be replaced and disposed in a covered rubbish bin, then clean hands thoroughly with liquid soap and water. When going out or attending school, remind your children to bring tissue and alcohol-based handrub in their backpack, clean hands frequently, be neat and considerate!

Even if the epidemic eventually stabilised, we should still practice good cough manners. Respiratory disease is one of the most common diseases in childhood. To prevent respiratory infections, parents should set a good example for their children, and breed hygienic habits from an early age. Praise and encourage them if they comply. All need to contribute towards a healthy family and community.

For more information on Hand Hygiene Day, please visit our thematic website at <https://www.chp.gov.hk/en/features/104150.html>

**Cover your Cough & Sneeze Then Clean your Hand Please**  
(School)

ar ar...ar

Avoid touching the outside of the mask even when sneezing.

Change the mask if it's dirty!