



# Be Good to Your Nose

## Blow iSopla,

Blow  
gently,  
so you  
don't hurt  
your ears.



Use a soft,  
clean tissue.



Hold the  
tissue with  
both hands.



Blow one  
nostril  
at a time.



Wipe your  
nose with a  
clean part of  
the tissue.

## Throw Bota,



Throw the  
used tissue  
in the trash.



**Never** put a  
used tissue in  
your pocket.



**Never** drop  
a tissue on  
the floor or  
the ground.

## Wash and Go Lávate y Sigue!



Wash your  
hands with  
soap and  
water.



Rinse, then  
dry with a  
clean paper  
towel.