

# My Pledge

**Rufus says, take the pledge!**

**I pledge to cover my mouth and nose when I cough or sneeze. I pledge to wash my hands:**

-  Before eating**
-  After using the bathroom**
-  After touching a pet or animal**
-  After playing outside**
-  After coughing or blowing nose**
-  Before and after visiting someone who's sick**

**My Name** \_\_\_\_\_