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One more piece of advice from Mom

Friday, March 15, 2013

When she told me or any other family member to "cover your cough," she really meant it.



I'm more aware of this right now since I'm finally recovered from the respiratory illness that really messed up my last 2 weeks.

When Mom fell and had to spend 3 months in a rehabilitation facility, she always ate her meals in her room. Her reason was that the other residents and even staff were always coughing in the dining room. Some just spewed their germs into the air and onto the food, but Mom also objected to the common practice of covering your mouth with your hand.

"So then what do you do with that hand?" she would ask.

You shake hands with someone else.

You talk on the phone.

You handle food, medicine containers, books, magazines or the equipment in the gym.

Mom's solution was to keep your germs to yourself. Then wash them away in the laundry.

I'm finally going back to the gym this morning for my aerobics/weights class. I haven't coughed in days, but if I should cough or sneeze, I'll follow Mom's advice. Maybe it will catch on. It certainly can't hurt.

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CELIAMINER

Now we're learning from the next generation about coughing into the elbow crook. At least it keeps the hands cleaner.
3012 days ago



WILSONWR

Now your mom was really innovative! Too bad others don't follow suit! (But maybe it will start catchin on...)
3012 days ago



CAKEMAKERMOM

There was a Mythbusters episode on this (You can see it on their website) about how germs spread. I also find it repulsive for someone to cough or sneeze into their hand, then handle something of mine. Mythbusters proved how far germs spread in their sick episode.

We've been sick for the last month (with 4 of us and only one person catching it at a time), so I've had to put off seeing my friend for that long, we've been trying to get together for 2 months now. It's just common courtesy to not see each other when we're sick.
3012 days ago



DONNA5281


3012 days ago



MERRYMARY42

See "Mothers do know best"
3012 days ago



DRB13_1

hope your lungs were up for a workout, ease back into your routine
3012 days ago



LINDAKAY228

You're mom really did have the right idea, although often it's so hard to follow that advice to the extent she did. But she was right! Glad you're feeling better. respiratory illnesses really mess with what we want to do.
3012 days ago



STRIVERONE

I don't see myself using the technique you picture but at least I have learned to cough into my sleeve about armpit level. -Glad to hear you're back up to snuff.
3013 days ago



EGRAMMY

Your mom is so right. And the serious disease in hosp. and nurising homes confirms it. DH had big time surgery and we won't let him get near germs. A friend got the bad one in the hosp. and almost died.

I even wipte the grocery cards now. and the equipment at the gym.
3013 days ago



DR1939

Good advice.
3013 days ago



CD13252816

Love that sneeze guard. Bet it makes you real attractive when you go out. The plus side is that you don't have to worry about lip balm. Take it easy getting back to the gym. Give those poor coughing muscles a recovery.



3013 days ago



CD13136117

Glad you are starting to feel better - and great plans on the coughing. Others should follow your example!!



3013 days ago



GINIEMIE

We coughed into our hankies, but the problem was we touched them. I taught my kids/students to cough into their sleeves or t-shirts. I also used sanitizing wipes on the pencil sharpener, door knob and once a week on desk tops unless we were having labs then the students did it every class period. I also sprayed the classroom with a disinfectant if I had numerous coughing students but I used an air purifier mostly because I am allergic to scented products, perfumes, etc.



v

3013 days ago



BARBARAJ73

Excellent advice from Mom!! Having been a teacher in two buildings, I developed a few "tricks" of my own... :-). No working and eating lunch at the same time. Encouraged the kids to follow my lead - cough and sneeze "into their elbows." I also made sure I washed my hands, or used hand sanitizer, last thing before leaving at the end of the day. The trick was not touching anything - like a surgeon headed for surgery - til I got to my car. I think these tips helped reduce my own colds etc.



3013 days ago

v



TAFODIL24



I wish more people would heed your mom's advice

3013 days ago

v



DESERTJULZ

I love that advice!
3013 days ago

v



TIGGERJEAN

Great idea - and have fun in class tonight! I'm glad you're getting back into the swing of things!
3013 days ago

v



SLIMMERJESSE

I am through week one of the respiratory infection that I'm hoping doesn't linger too much longer. Yes, essential to cover coughs.
3013 days ago

v



CHANGINGHORSES

So glad that you are feeling better. I get upper respiratory illness very easy and sometimes I feel too cautious about germs. But I'd rather be too cautious than sick. It upsets me when people bring their germs out to others. We don't want them!
3013 days ago

v



BOILHAM

Excellent advice. During flu season I wash my hands a lot. Even more when I know someone nearby is ill. Extreme physical exertion will lower the strength of our immune systems, too.
3013 days ago

v



TORTOISE110

What a telling and hysterical picture! Fun post. Glad you are on the well path again too!
3013 days ago

v



PMRUNNER

Have you seen this?
<http://www.youtube.com/watch?v=CtnEwUWDo0>

3013 days ago

v



HELEN_BRU

Hope you feel better soon!
3013 days ago

v



COCK-ROBIN



Get Well Soon

v

3013 days ago



1935MARY

Mom's know best. This is how colds ,flu among other things are spread. Another thing I think about is, when you are out in public and go to the restroom, you can wash your hands,alot of places have touchless, soap, water, etc., but when you go out the door,you have to open it,if no towels in bathroom to open it with , you use your hands ,how many people have touched it ,that haven't washed their hands? I try to carry hand sanitizer. The thing that was the most germs on it is the keyboard on a computer, more then the bathroom seat. On thing about it we will never be germ free,we have to be careful.

3013 days ago



HAYBURNER1969

I wear a lot of turtlenecks and I always pull them up over my mouth and cough, much like you're doing in that picture!

3013 days ago



MISCHAKEO

That is what we teach the kids at school..to cough into their sleeves. I agree with your mom!

Hope you are feeling better and are recovered from your respiratory illness.

3013 days ago



KKKAREN

Mom was right. I'm glad you're better I also lost 2 weeks to a cold, and it started my 1st day of vacation!

3013 days ago



AZMOMXTWO

I agree with you mom even though I had not thought about it that way

3013 days ago



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