










How To Blow Your Nose

-  Get a tissue
-  Hold the tissue over your nose with 2 hands
-  Close your mouth
-  Blow out through your nose
-  Press fingers together underneath your nose to wipe it clean
-  Put the tissue in the trash
-  Wash your hands

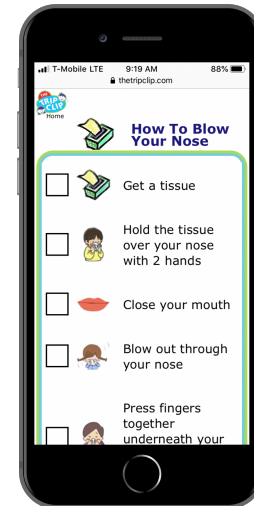
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