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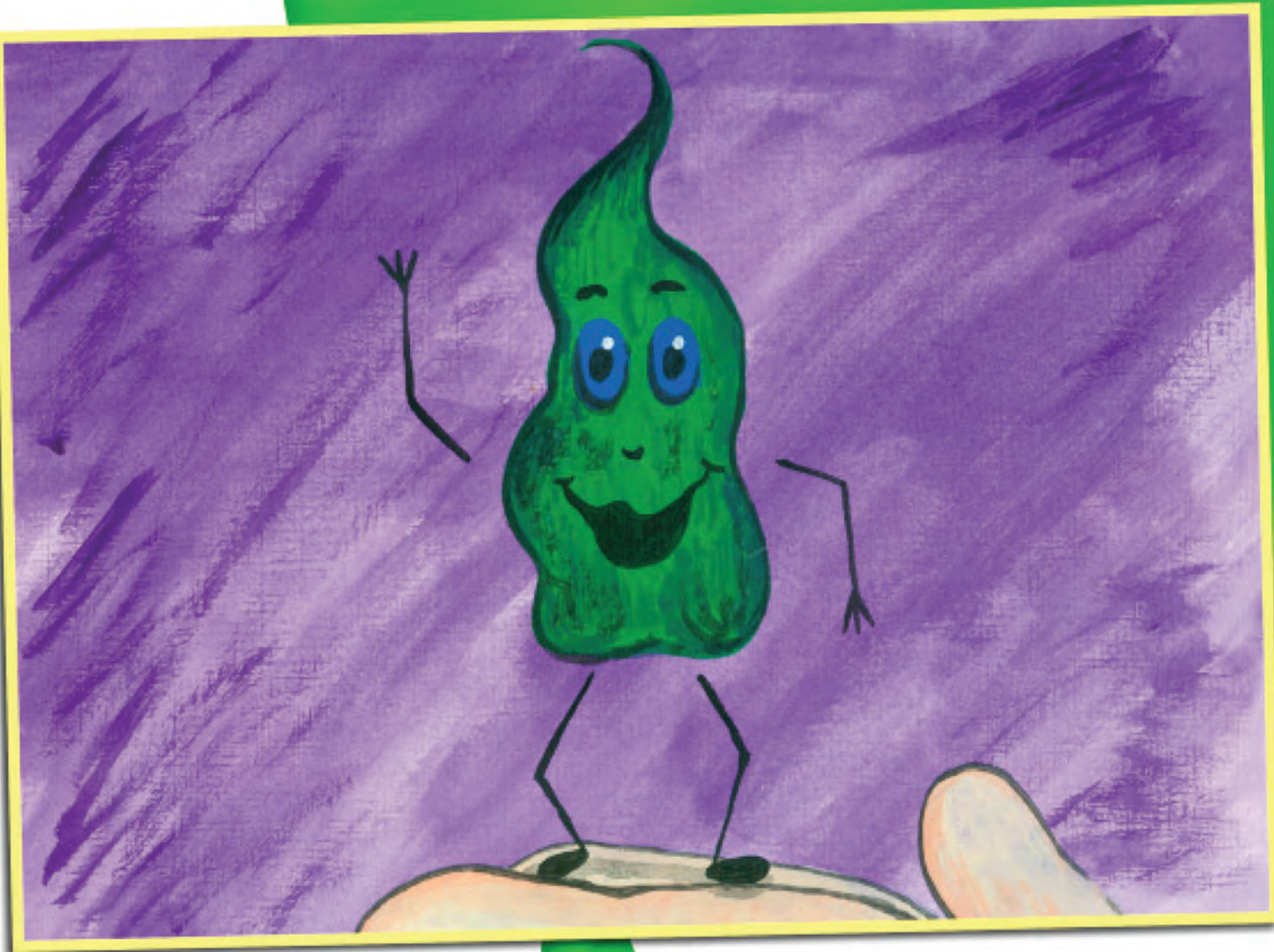
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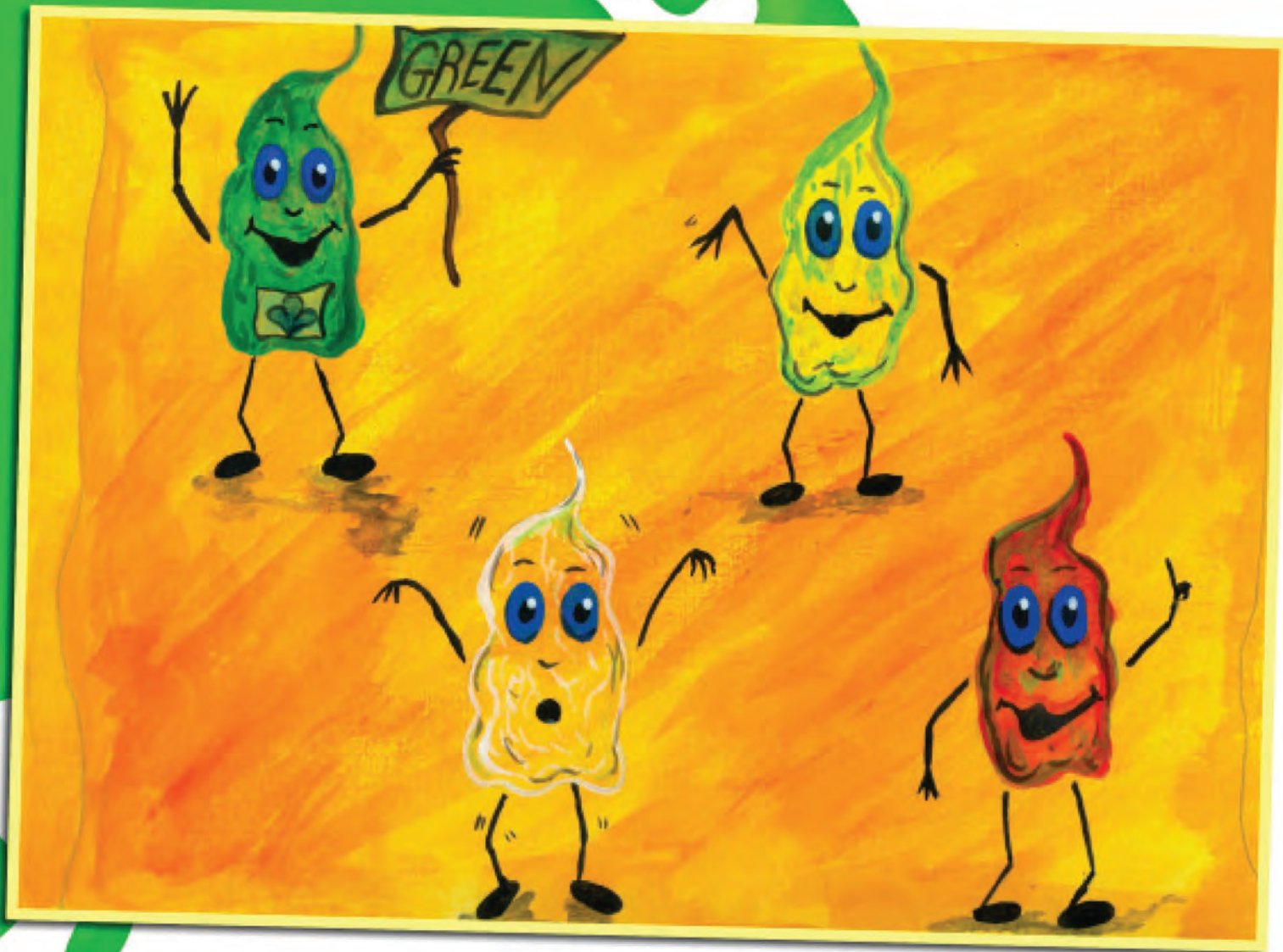
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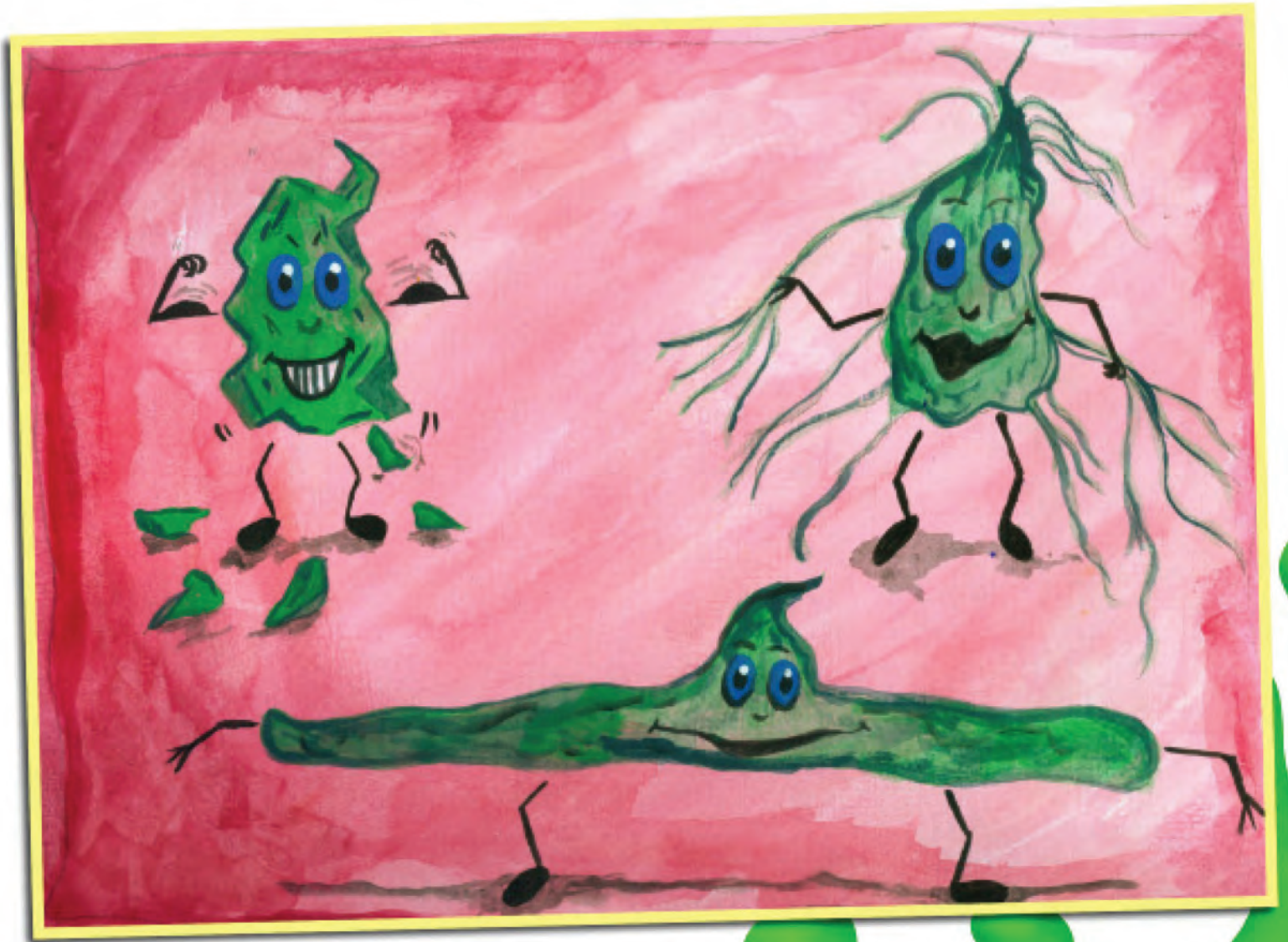
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I am a booger. Some people call me a “boogie.” I grow inside your nose.



I come in many colors. Most people expect me to be green, but I can be clear, yellow, and even red.



Sometimes I am hard and crumbly. Other times
I am runny, long, soft, and even stringy.



Most people think that I am gross. Some people have even called me a snot! But I don't feel bad about that because I do great things! I keep you from getting sick!! I am a true defender!



When you breathe in through your nose, the air that you breathe in isn't always clean. Sometimes it has dirt and germs in it. Whenever I see a piece of dirt or a germ inside your nose, I swallow it!



If you have more dirt in your nose than I can eat, I call in my booger friends and we have a feast!



When we are full, we want out of your nose because it gets too crowded for us and you can't breathe.



Since boogers swallow germs, and touching germs can make you sick, you should try to never, ever touch your boogers with your fingers.



The best way for me to leave your nose is for you to blow me into a tissue, throw the tissue away, and then wash your hands with soap and water.