

# What I Can Do to Stay Healthy!



Healthy Communities, Healthy Children.

# GERMS

... can cause people to become sick.

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... can be found in my body, on my hands, and on things I touch.



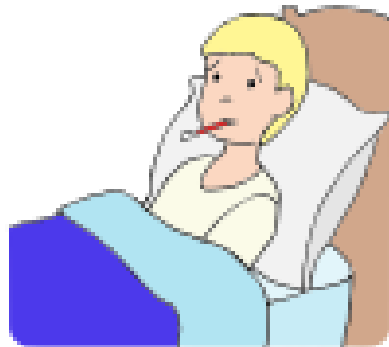
If I put my hands near my face, nose, eyes or mouth, I can get germs.



Right now, there are some **GERMS** called the Coronavirus.



The Coronavirus is a virus and can cause people to get sick. They might have a cough, fever or have trouble breathing.



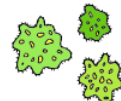
I can keep myself healthy by washing my hands a lot with soap and water.



I can keep myself healthy by not touching my face, nose, eyes, or mouth.



**No one wants to touch something if my hands have**



**on them.**

**I will remember to wash my hands with soap and water.**



**I can make sure to wash my hands for 20 seconds. I can sing the ABC's while I wash!**



**Let's practice now!**

**Some schools, places, and big events might close to help prevent germs from spreading.**



**Here at school, the teachers will help me stay healthy. They will remind me to wash my hands with soap and water.**



**They will take my temperature every day and call my family if I get sick.**



**My parents, teachers and trusted adults will let me know when we can go back to school.**

