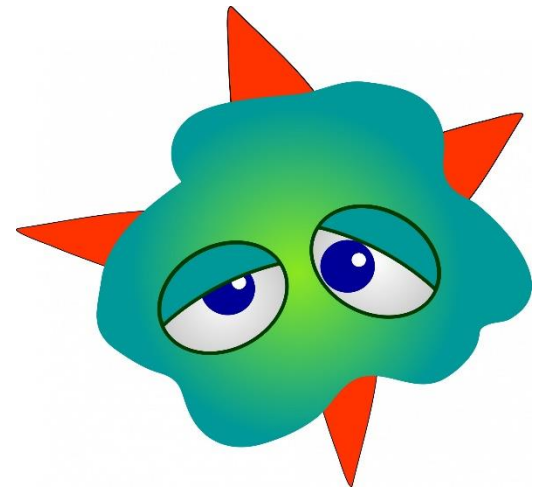
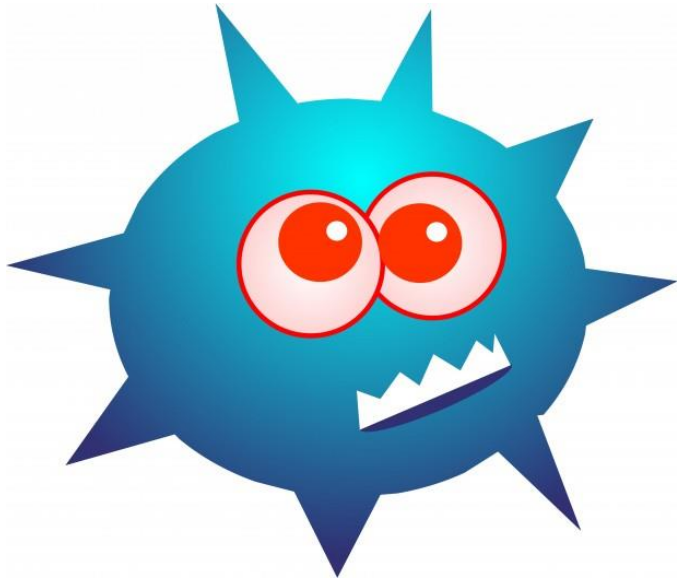


Everyone gets sick sometimes.



Everyone gets sick sometimes. We get sick because of germs. Germs are tiny, invisible things that live on all things, including inside of me.



There are some germs that make us sick while some keep us healthy. If bad germs stick to me, they can cause me to get a cold, sore throat or a cough.



Sometimes, germs can make us really sick, like the germs that cause the flu. This might sound scary, but it's okay! There are things I can do to help stop the germs from making me sick. These things are called "hygiene."

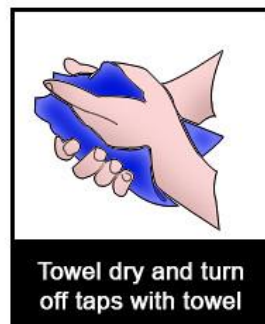
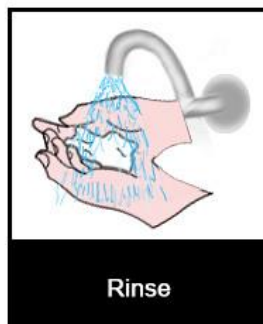


There are germs that doctors and scientists are still learning about. Sometimes this causes people to feel scared. It's OK to feel this way. Scientists are working hard to make sure these germs don't spread and help those that are sick.



Washing hands is the best way to stop the germs from making me sick.

### Hand Washing Steps



I can sing the “Happy Birthday” song twice while washing my hands. This makes sure I washed my hands for a full 20 seconds.

First, I should always wash my hands before eating and after using the bathroom. If there isn't a sink or place to wash my hands, I can use hand sanitizer gel or wipes. This gets germs off of my hands.

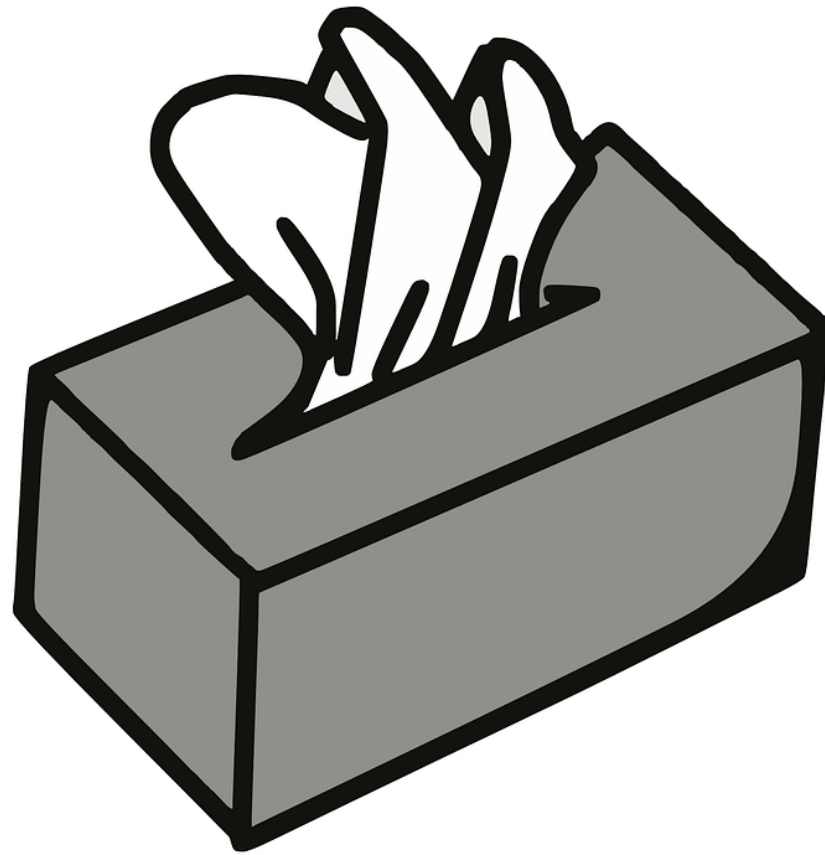


Germs live in sneezes and coughs, too. If I have to sneeze or cough, I should cover my mouth with a tissue or arm. Once I am done sneezing or coughing, I should wash my hands.





If I have to blow my nose, using a tissue is a good idea. Once I am done, I should throw the tissue away and wash my hands.



Even though I use good hygiene, I still may get sick. It's okay because everyone gets sick sometimes. My family may want me to stay home if I get sick. This is a good time for me to rest. Rest helps my body get better.



When lots of people start getting sick, people can become afraid. I may hear scary things at school or on TV. These things may make me feel scared, nervous or unsafe. It's OK to feel like this.



It's OK to talk about my feelings. I can tell someone I trust how I am feeling. They can help me feel safe.



If a lot of people in my school or community get sick, I may have off from school. This is so my school can get rid of all the bad germs that are making people sick.



I will be able to go back to school once all the germs are gone. In the meantime, I can enjoy spending time at home.



## Things to remember:

1. Cover your mouth with a tissue or your arm when coughing or sneezing.
2. Wash your hands before eating and after coughing, sneezing or using the bathroom.
3. Use a tissue when blowing your nose.
4. Everyone gets sick sometimes.
5. If I feel scared, I can tell my parents or someone I trust.

# My Handwashing Routine

Insert your own  
photo.

Insert your own  
photo.

Insert your own  
photo.



# My Handwashing Routine

Insert your own  
photo.

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