

What can I do to help stop the virus?

Our Body Worksheet

Circle the good habits. Cross out the bad habits.



Cough/sneeze into my elbow or tissue



Get lots of sleep



Touch my face



Eat healthy food



Go to the movies when I have a cold

Shake hands



Use a clean towel to dry my hands



Wash my hands



Eat a sandwich before I wash my hands



Stay home when I am sick





Share my drink with a friend

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