

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



Wash my hands



Eat a sandwich before I wash my hands



Touch my face



Eat healthy food



Stay home when I am sick



Go to the movies when I have a cold



Use a clean towel to dry my hands



Shake hands



Share my drink with a friend

Good habits to stop viruses

Our Body Worksheet

Circle good or bad for each habit.



Sneeze on a toy and then hand it to your friend	Good	Bad
Go play outside	Good	Bad
Touch your eyes, mouth or nose	Good	Bad
Touch surfaces that many people use, such as tables, light switches and doorknobs	Good	Bad
Wash your hands regularly	Good	Bad
Shake hands	Good	Bad
Carry clean tissues to blow your nose	Good	Bad
Stay a safe distance away from a sick person	Good	Bad
Share a cup of orange juice with your friend	Good	Bad
Eat fruit and vegetables every day	Good	Bad

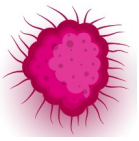
Avoid spreading germs

Our Body Worksheet

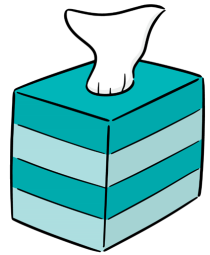
Draw an arrow from each statement to either “spread germs” or “stop germs”.

spread germs

stop germs



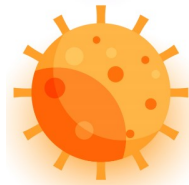
Sneeze into your hands



Eat a snack without washing your hands

Stay home when you are sick

Touch tables and doors that many use



Use a clean tissue to blow your nose, throw it out and wash your hands

High five your friend

Cough into your elbow

Forget to wash your dirty hands

Pick up a clean cup



Cough without covering your mouth

Stay at arm's length from others

