

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



Share my drink with a friend



Shake hands


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