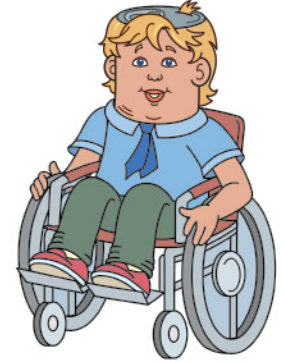




How to Protect Yourself against ...

Germs!



Nurse Diane asks Kathy, “ How can you prevent catching germs”? Kathy says, “Germs are afraid of soap and water, so you need to wash your hands often.”

Do you need to wash your hands before eating? _____

Should you wash your hands before going to bed? _____

Do you need to wash your hands after you sneeze? _____

What about after you blow your nose? Do you wash your hands then? _____

Do you need to wash your hands after going to the bathroom? _____

After you come in from playing, should you wash your hands? _____

Orrie asks. “How can I prevent spreading germs when I am sick”? Should I:

cover my nose and mouth when I sneeze or cough? _____

Should I blow my nose in tissues and throw the tissues in the trash? _____

Use the back of the page to draw or write about a time you were sick.

