



9 TRICKS TO KEEP FROM GETTING SICK

Created by Marie @
The Homeschool Daily

#1

Wash your hands with soap and water
for at least 20 seconds.

Make sure to rub
your hands
thoroughly with
SOAP & WATER!



#2

Squirt! Squirt! Use hand sanitizer when unable to wash your hands.



#3

Don't put your fingers in your nose!

No one wants to shake your hand or touch what you touch if you pick your nose. That's just GROSS! Use a tissue, please.



#4

Don't put your fingers in your mouth!

Germs, dirt, and gross bacteria could be on your fingers... Don't put them in your mouth! YUCK!



#5

Don't touch or rub your eyes!

Your eyes, nose, and mouth are the doors that germs and viruses travel through to get into your body. If you can keep from touching them, the germs have a harder time entering your body!



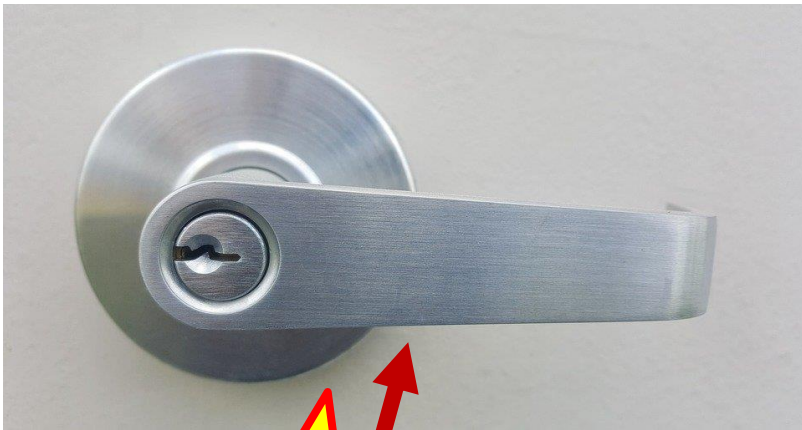
#6

When you sneeze or cough, use a napkin, tissue, or CHICKEN WING IT! It is easy to do- cough or sneeze into your elbow.



#7

When in public away from home, don't touch things that are not necessary!

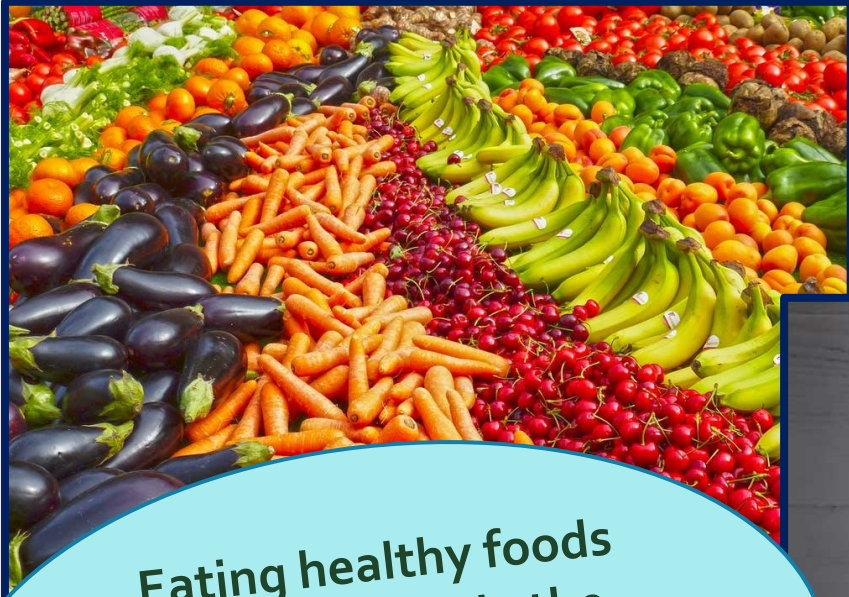


GERMS!

GERMS!

#8

Eat healthy foods to strengthen your immune system.



Eating healthy foods gives your body the ammunition it needs to fight against germs and viruses!

#9

Get plenty of sleep.

When your body gets enough rest, your immune system is ready to go to battle against any bad germs that may try to attack it!



Let's review some tricks to help keep us from getting sick!

1. Wash your hands with soap and water for at least 20 seconds
2. Squirt! Squirt! Use hand sanitizer when unable to wash your hands.
3. Don't pick your nose!
4. Don't put your fingers in your mouth!
5. Don't touch or rub your eyes!
6. When you sneeze or cough, use a napkin, tissue, or Chicken wing it! Chicken wing it is easy... cough or sneeze into your elbow.
7. When in public away from home, don't touch things that are not necessary.
8. Eat Healthy Foods to strengthen your immune system.
9. Get plenty of sleep.

CHECK OUT OUR OTHER LEARNING
RESOURCES AT THE HOMESCHOOL DAILY!
HAPPY LEARNING!



Beloved, I wish above all things that thou mayest prosper
and be in health, even as thy soul prospereth.

3 John 1:2