<table>
<thead>
<tr>
<th>Good habits to stop viruses</th>
<th></th>
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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  
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Carry clean tissues to blow your nose  
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Stay a safe distance away from a sick person  
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Share a cup of orange juice with your friend  
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Eat fruit and vegetables every day  
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