What can I do to help stop the virus?

Our Body Worksheet

Circle the good habits. Cross out the bad habits.

- Wash my hands
- Get lots of sleep
- Eat a sandwich before I wash my hands
- Eat healthy food
- Stay home when I am sick
- Use a clean towel to dry my hands
- Share my drink with a friend
- Cough/sneeze into my elbow or tissue
- Touch my face
- Go to the movies when I have a cold
- Shake hands
- Eat healthy food
- Touch my face
- Go to the movies when I have a cold
- Cough/sneeze into my elbow or tissue
- Share my drink with a friend
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Bad Habits:
- Cough/sneeze into my elbow or tissue
- Touch my face
- Eat a sandwich before I wash my hands
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- Share my drink with a friend
- Shake hands