

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



Touch my face



Eat healthy food



Eat a sandwich before I wash my hands



Go to the movies when I have a cold



Use a clean towel to dry my hands



Stay home when I am sick



Shake hands



Share my drink with a friend


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 hands



Touch my face



Eat healthy food



Eat a sandwich before I wash my hands



Go to the movies when I have a cold



Use a clean towel to dry my hands



Stay home when I am sick



Shake hands



Share my drink with a friend