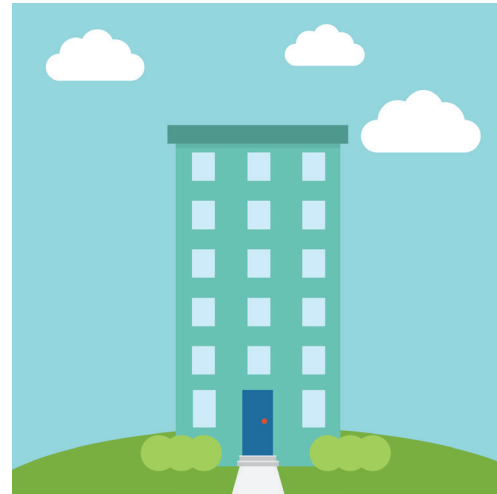
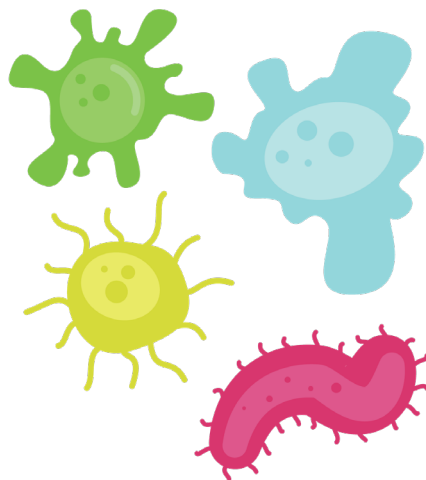


My staying healthy story

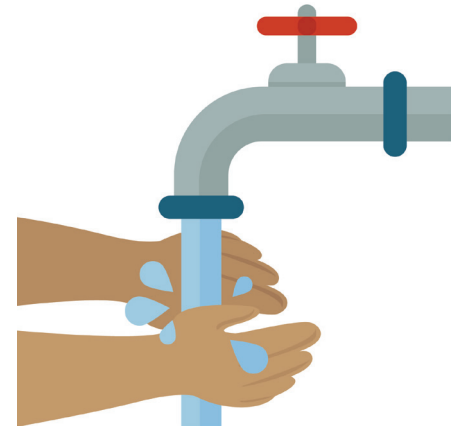


Things are different right now. I stay home a lot. We do not leave the house very much because there is a new virus that can make people very sick.



A virus is a type of germ. Germs are tiny things that live all around us. I cannot see germs. When germs stick to me, they can make me sick.

My staying healthy story

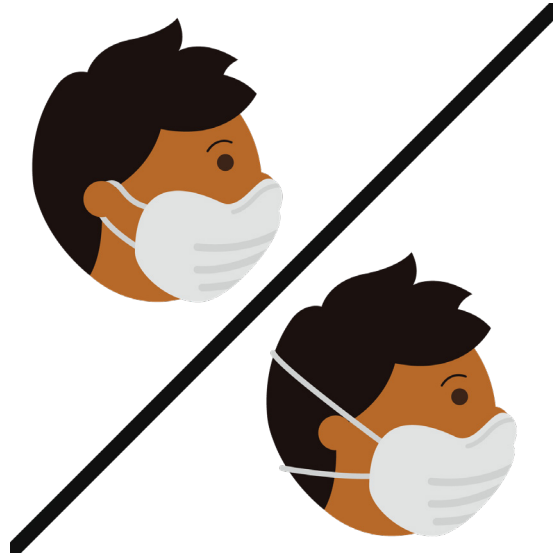


To get rid of germs, I wash my hands. I wash my hands for 20 seconds.
I can sing the alphabet song or count to 20.

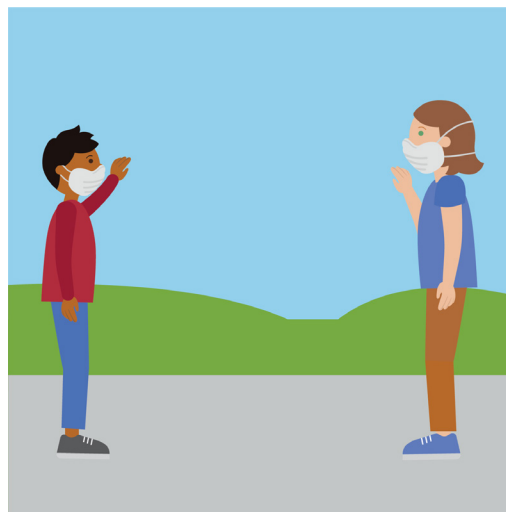


When I leave my house, it is important to wear a mask. Masks cover my nose and mouth. When it is on my face, I will be able to breathe. I will still be able to see with my eyes and hear with my ears.

My staying healthy story

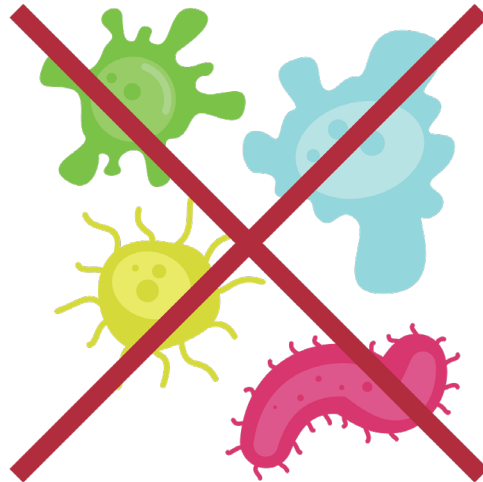


Some masks have loops that go around my ears. Some masks have a strap that goes around my head.



Other people wear masks, too. The masks cover their noses and mouths. Under their masks, the people I see still have noses and mouths—I just can't see them. I can see their eyes and the rest of their body.

My staying healthy story



Wearing a mask helps keep germs from sticking to other people and keeps their germs from sticking to me.



I can wear a mask and wash my hands to stay healthy. It makes me happy to do things to stay healthy!