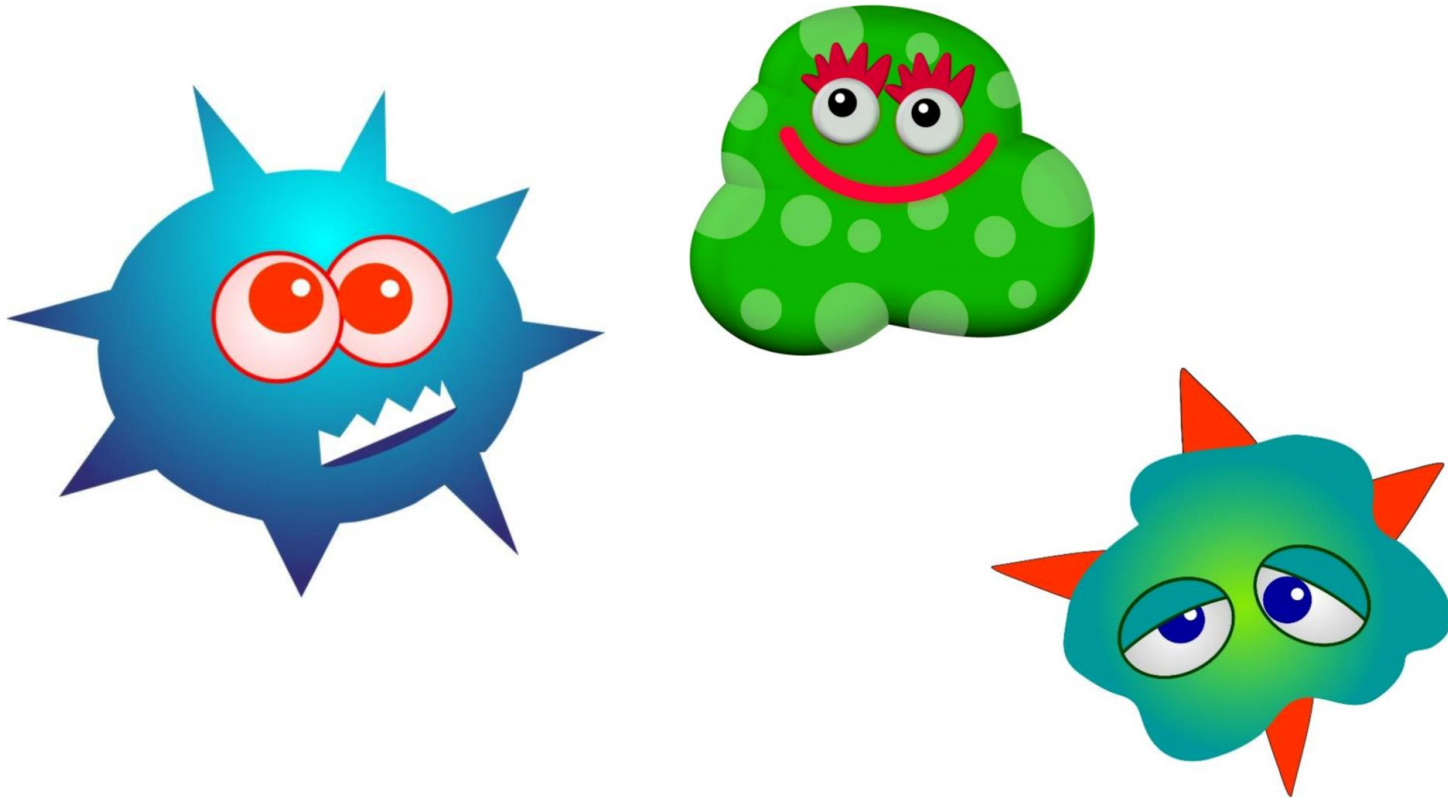
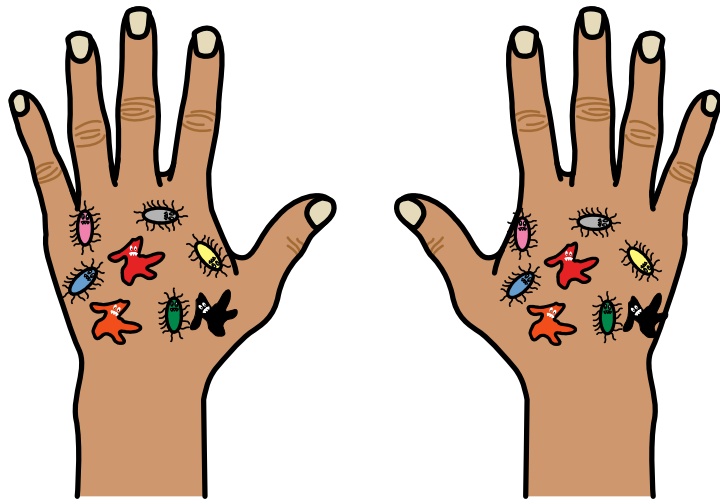


Everyone gets sick sometimes





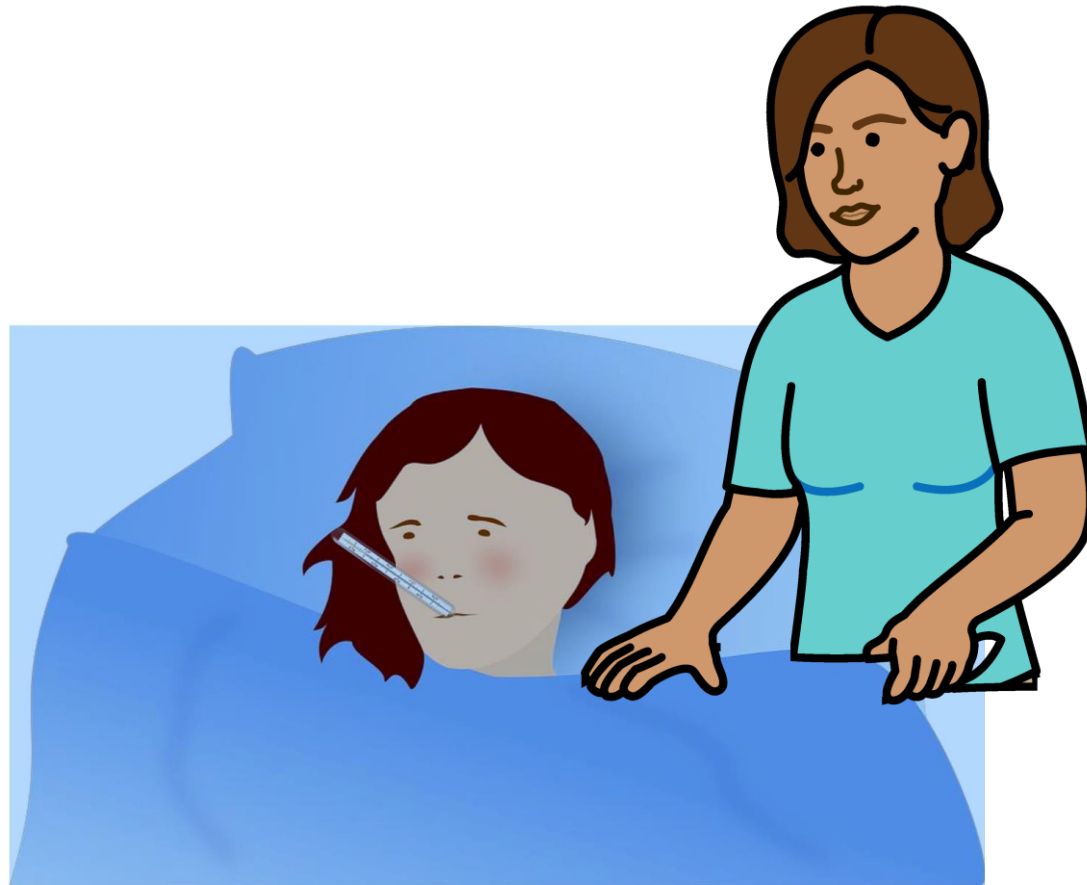
Everyone gets sick sometimes. We get sick because of germs. Germs are tiny, invisible things that live on all things, including inside of me.



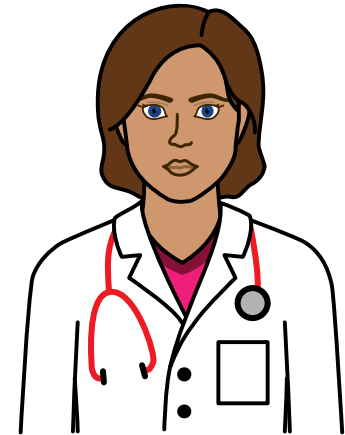
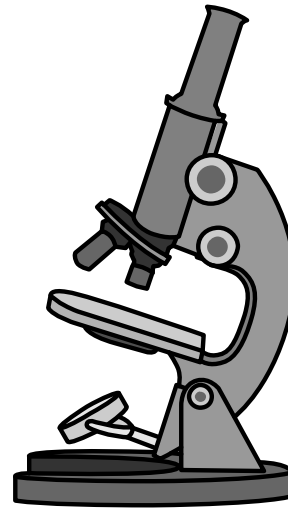
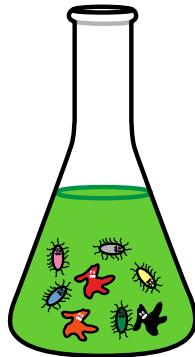
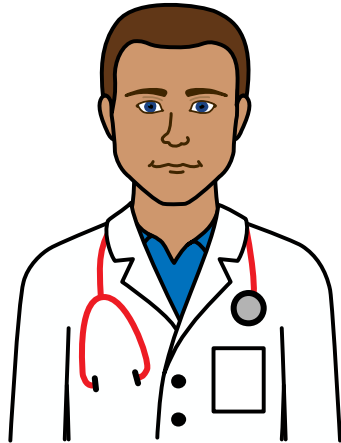
If germs stick to me, I can get a cold, sore throat or a cough.



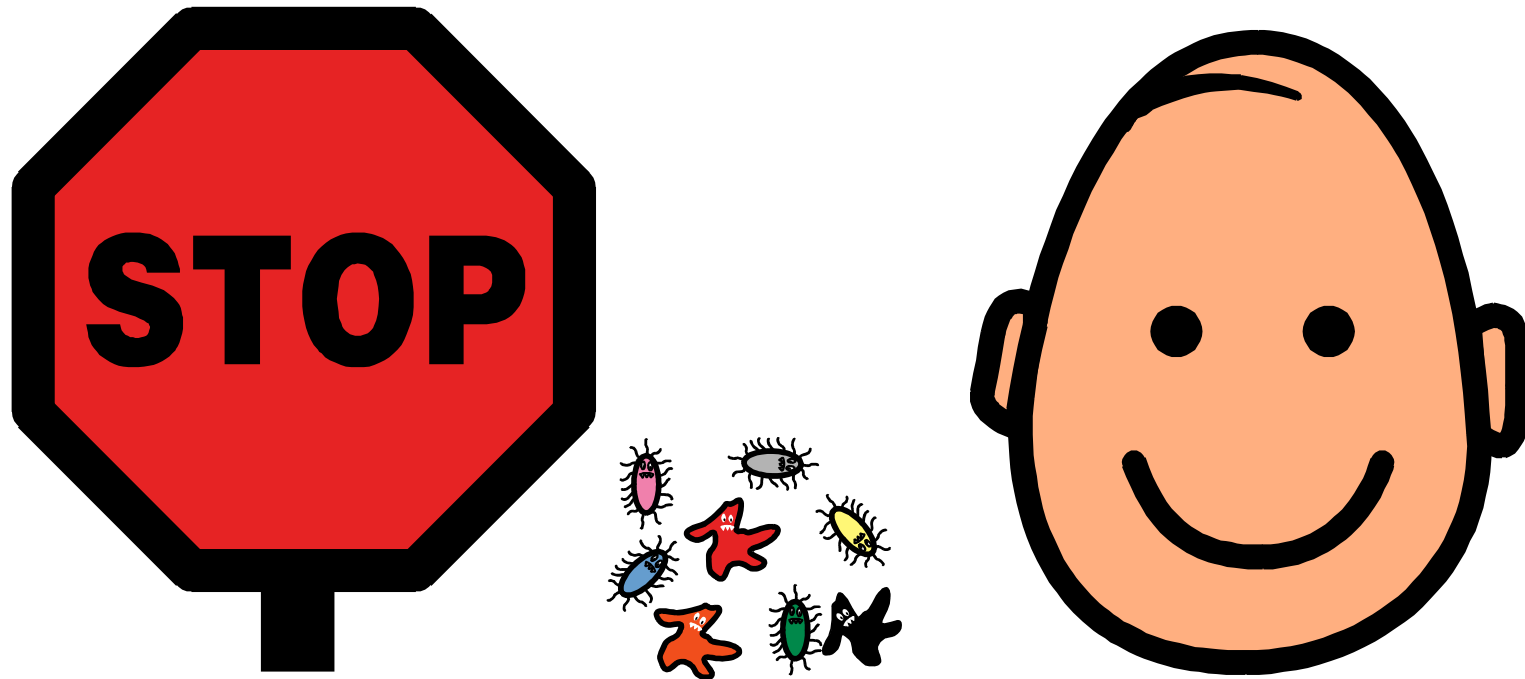
Sometimes germs can make us very sick with the flu. This sounds scary.



It's okay to be scared! If I get the flu, I will get better. My family will take care of me.



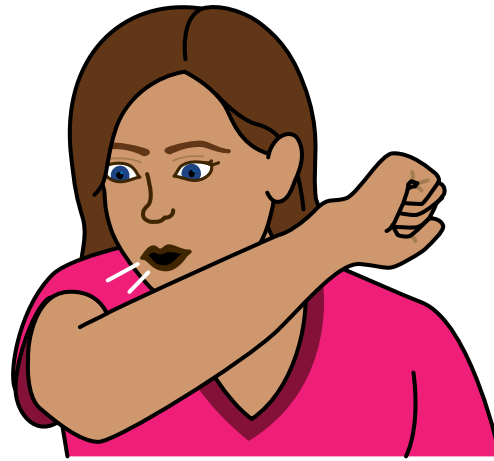
There are germs that doctors are still learning about. Doctors are working hard to make sure these germs don't spread.



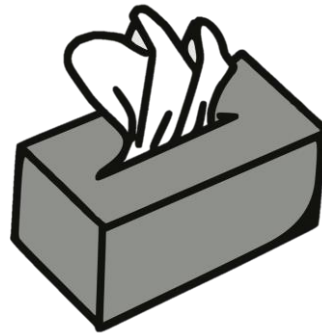
I can help stop the germs
from making me sick.



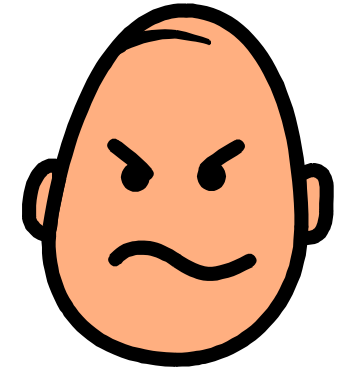
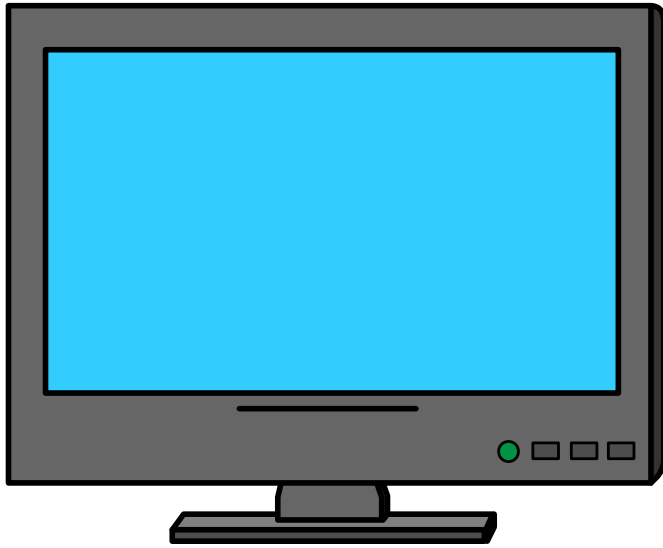
I can wash my hands while I sing
"Happy Birthday" song 2 times. Let's try it.



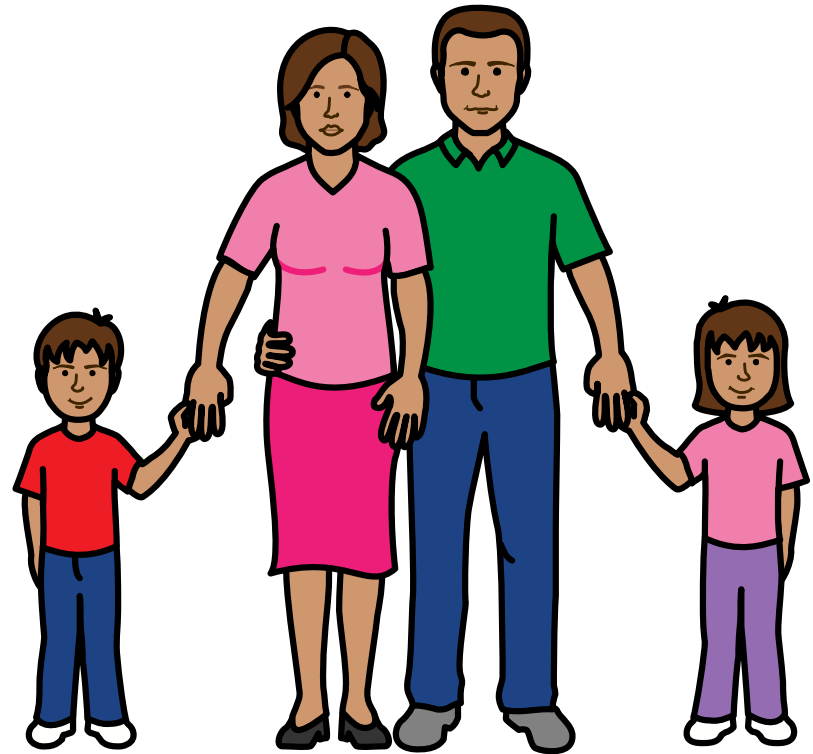
Germs live in sneezes and coughs too. I will cover my mouth with a tissue or my elbow. After that I will wash my hands. Let's try it.



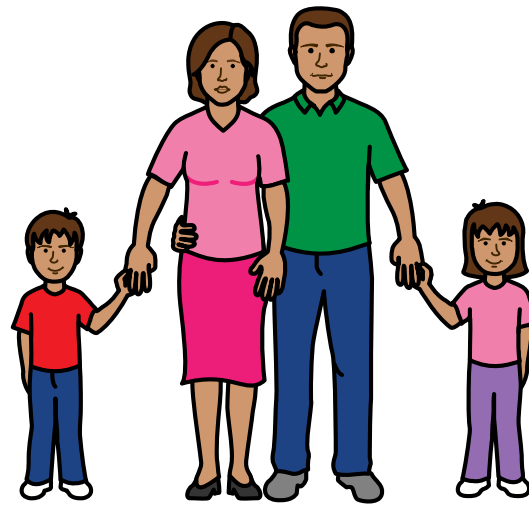
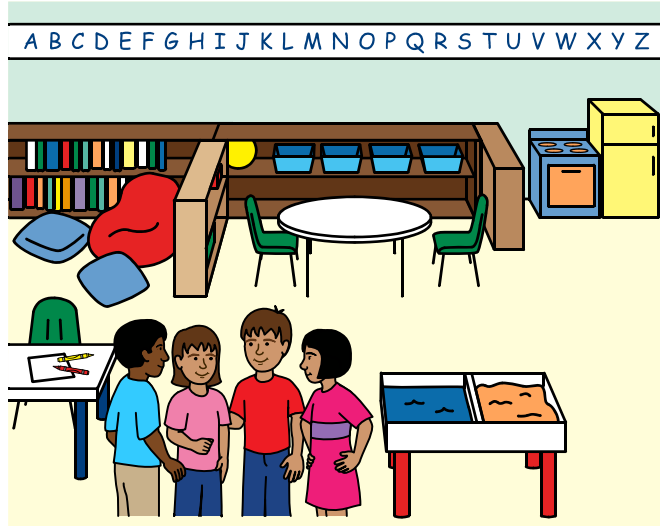
I still can get sick. It's okay because everyone gets sick sometimes. I will rest. Rest helps my body get better.



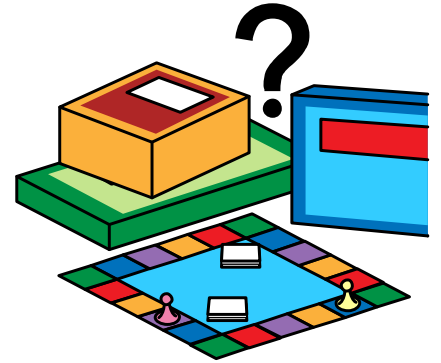
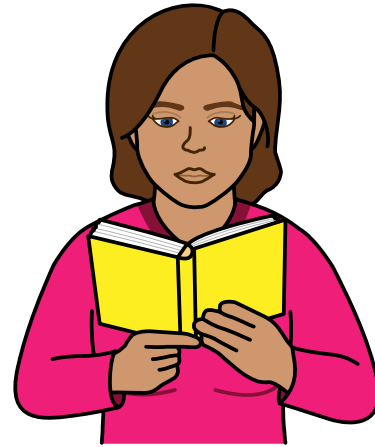
Right now, everyone is staying home. My family is talking about germs. I hear things on TV. This can make me feel scared and upset



It's OK to feel like this. I tell my parents how I feel. They help me feel safe.



I miss my friends. I will go back to school when all the germs are gone. Now I can have fun at home with my family.



This is what we can do at home.
