

Learning about keeping healthy










I am learning about keeping healthy. This is important.





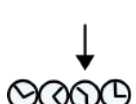
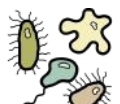




















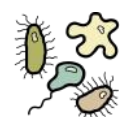



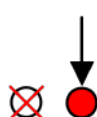



There are lots of germs everywhere. Most of the time this



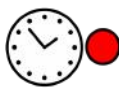


is ok. Sometimes germs make people poorly.



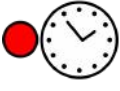














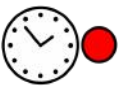



I can do some important things to try and stop the



















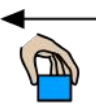



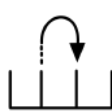
germs from making me or other people poorly.


 I can  wash my hands  after  I  use the toilet.

 I can  wash my hands  before  I  eat.

 I can  wash my hands  after  I  cough  or sneeze.

 I can  make  sure  I  cover my mouth when I cough.

 I can  make  sure  I  put  tissues  into  the bin  after


wiping my nose.



I



am

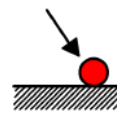
learning



about



keeping healthy.



There

are



lots of



important

things



I can



do

to



help



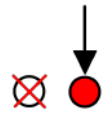
keep



myself



and



other



people



healthy.

If



I

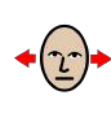


get



poorly

it is



not



my



fault. If



someone else

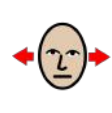


gets



poorly

it is



not



my



fault.

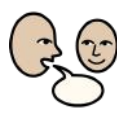


I can



try

to



talk to

an



adult

if

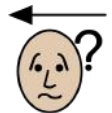


I



feel worried

or



confused.