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.