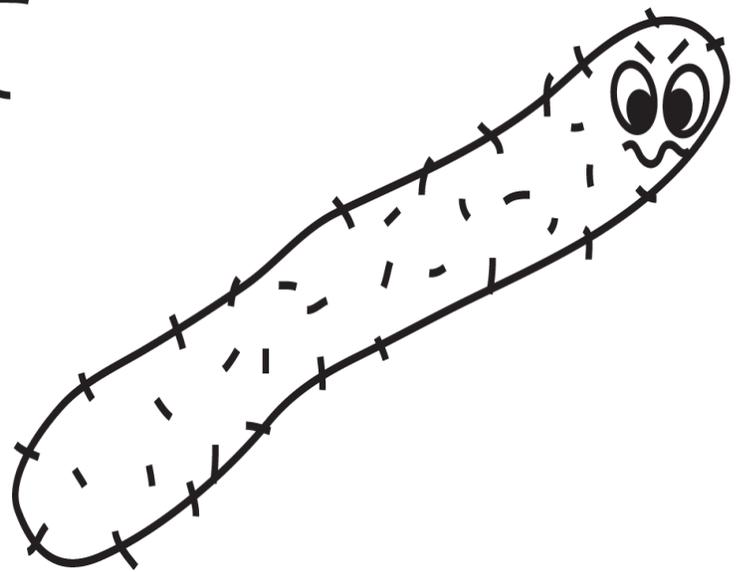
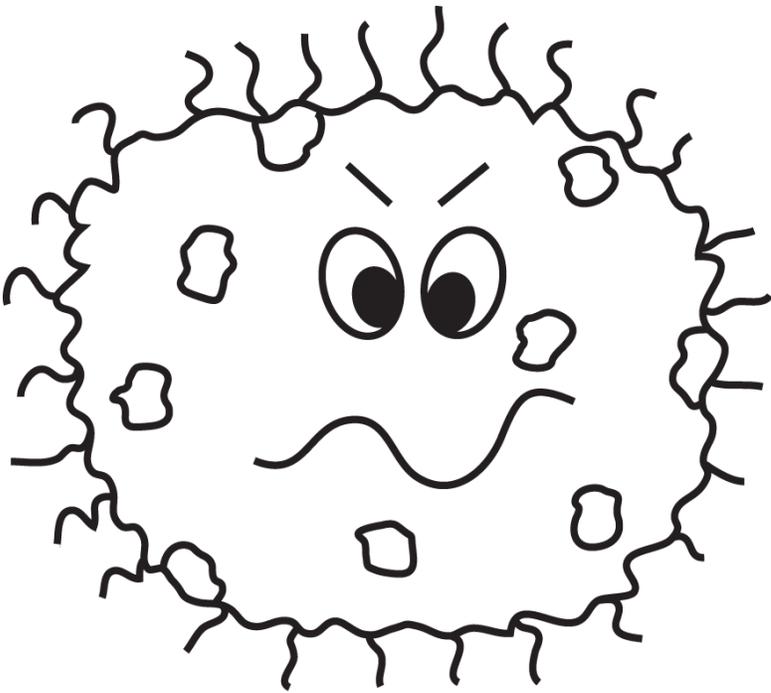
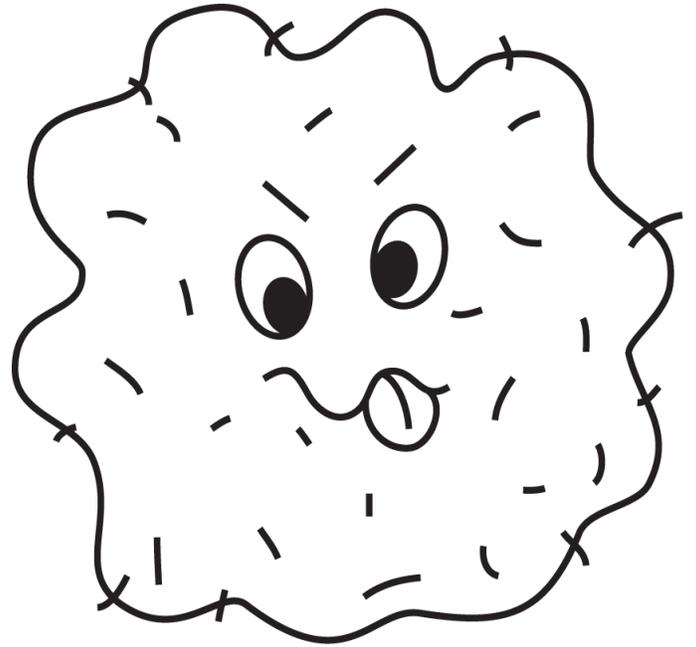
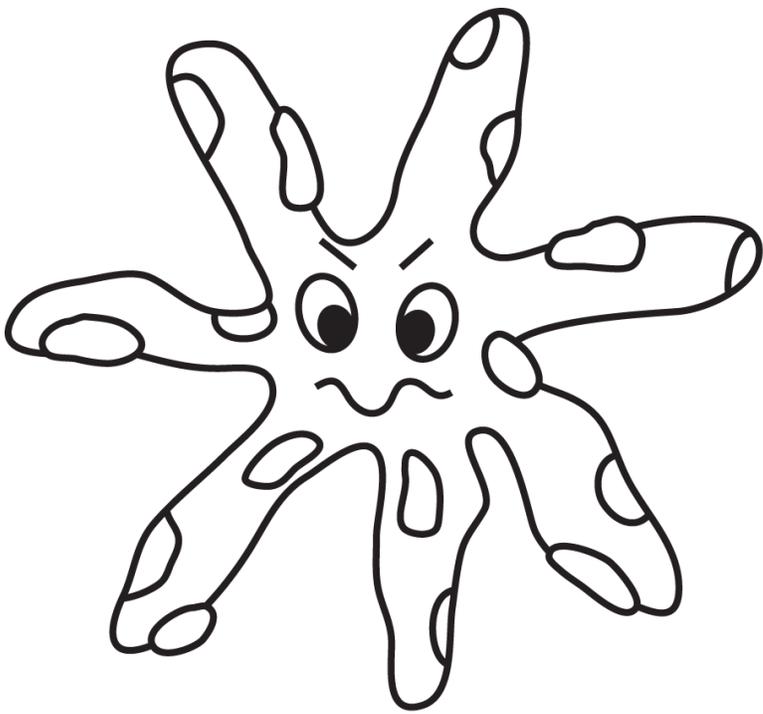


Let's Talk About...

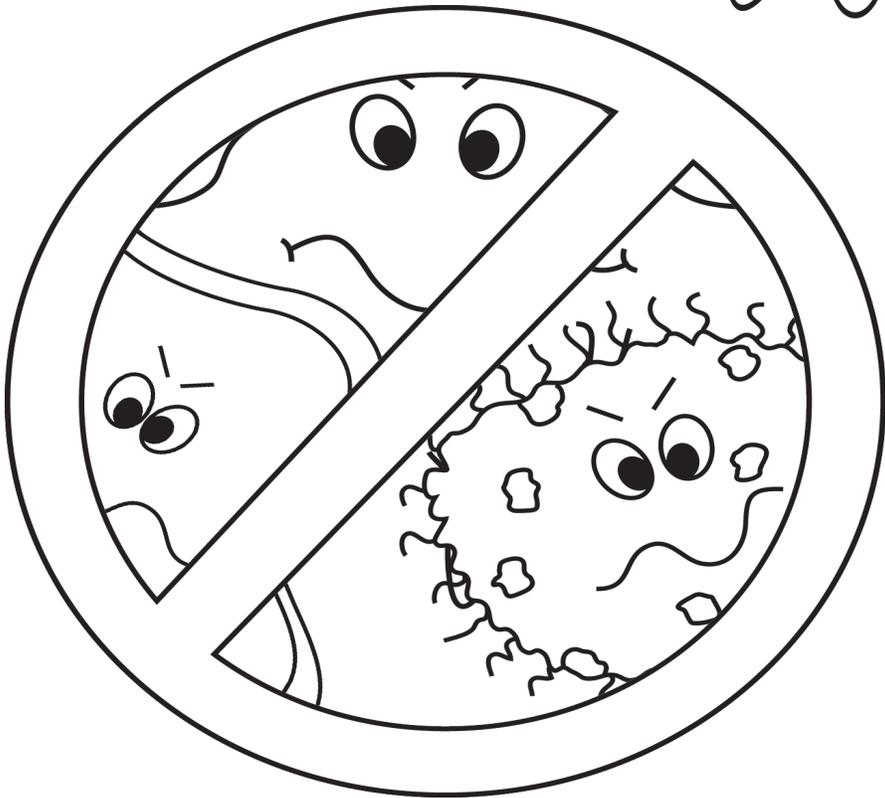
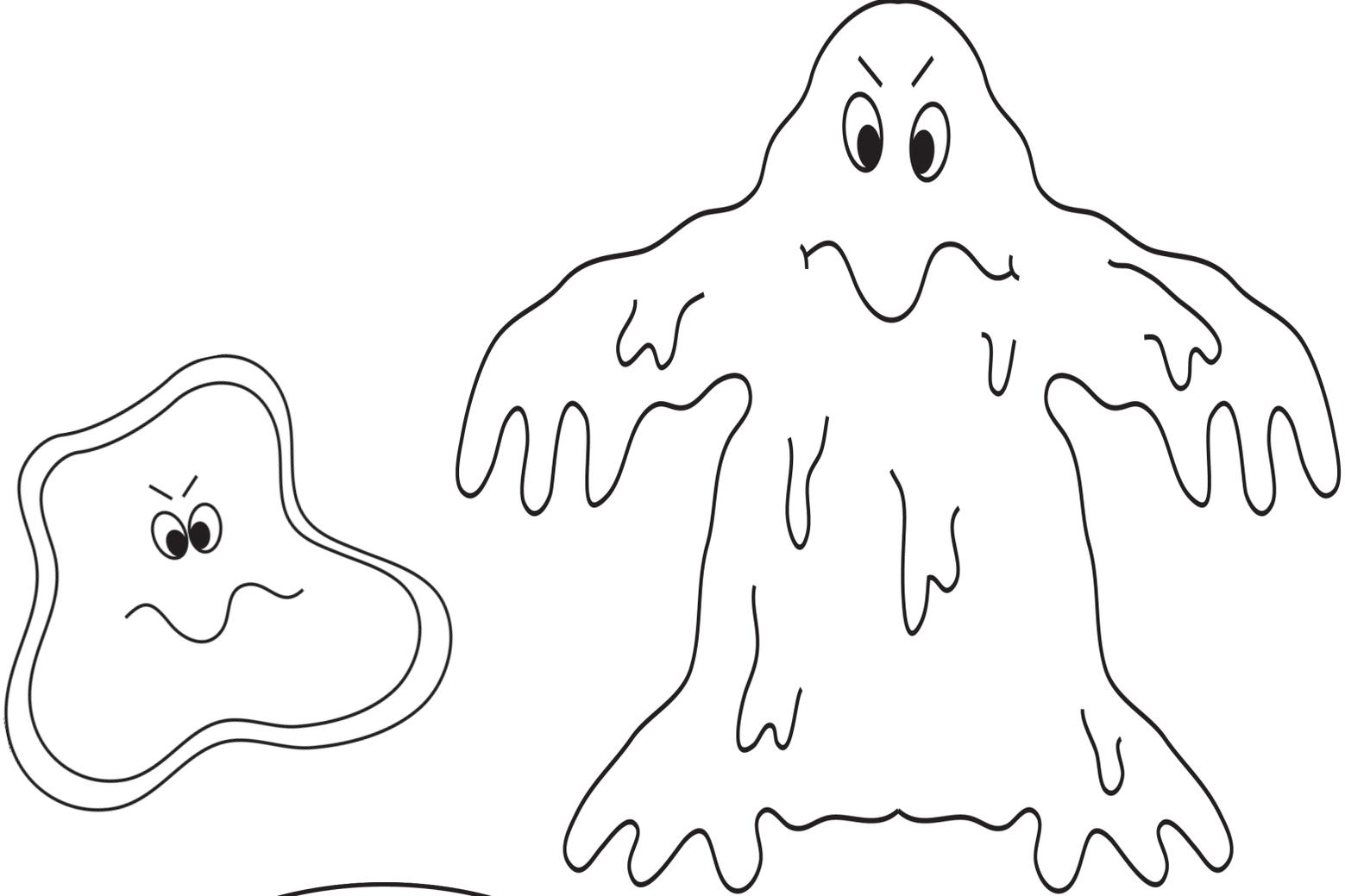
A Sick Day

and Spreading Germs

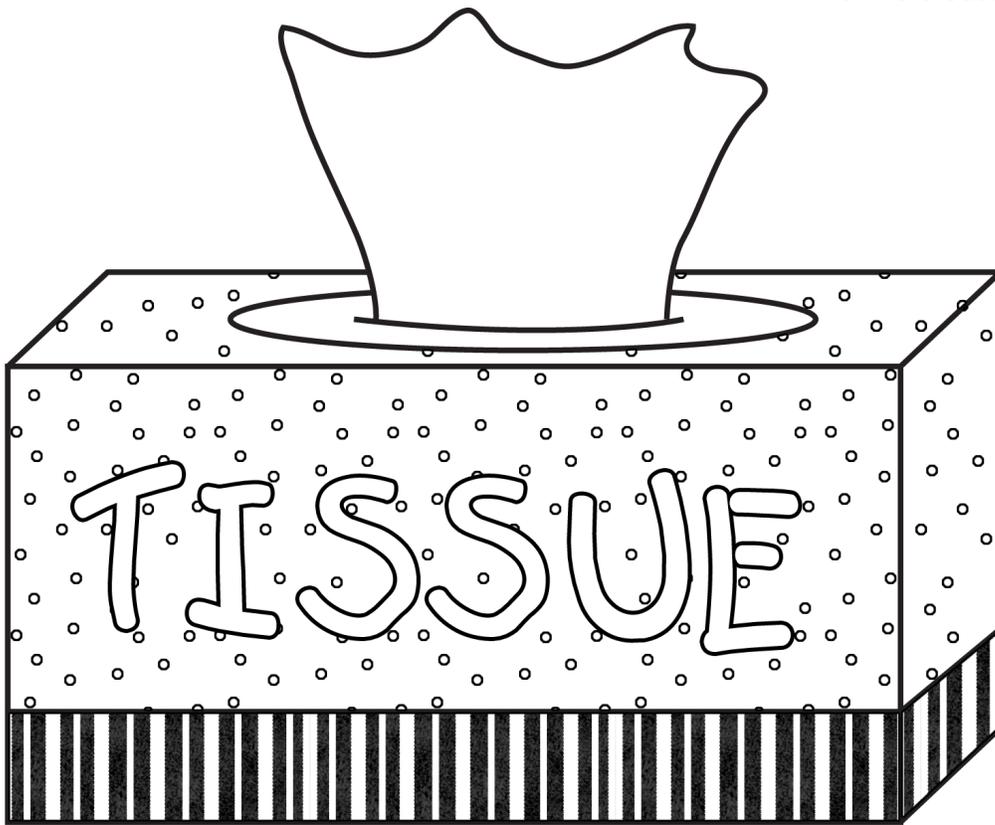


Micro-organisms are tiny germs that cannot be seen with our eye.

They are also known as viruses, bacteria and some fungi.



Micro-organisms do good things, like break down waste, but they can also make us sick.



Bacteria double their number every 20 minutes.

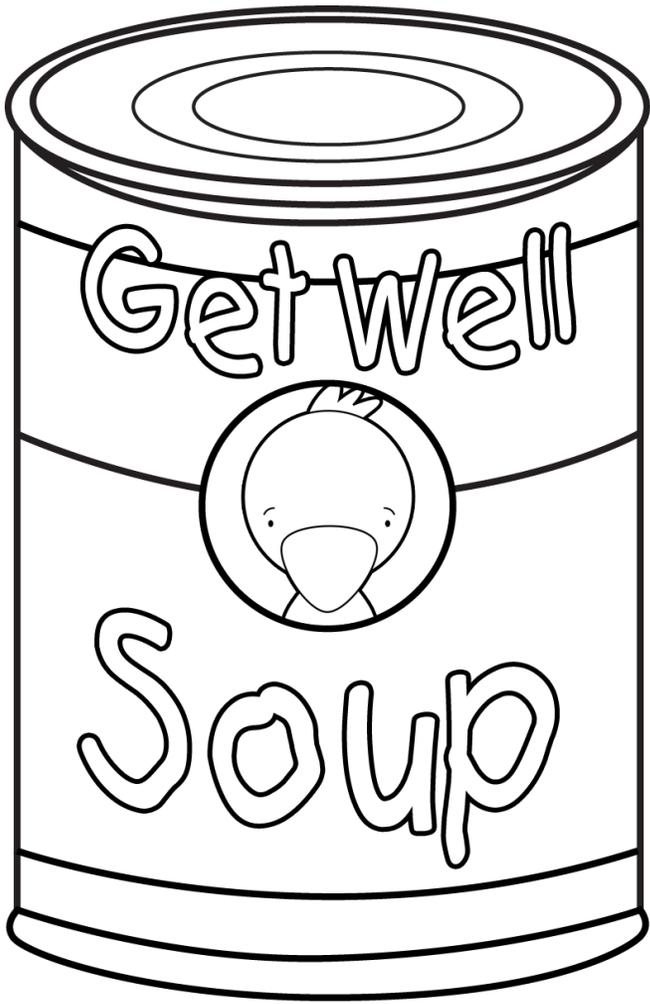
It is very important that you cover your mouth when you cough and sneeze.

When washing your hands, rub the soap all over your hands, in between fingers and under nails for at least 20 seconds.

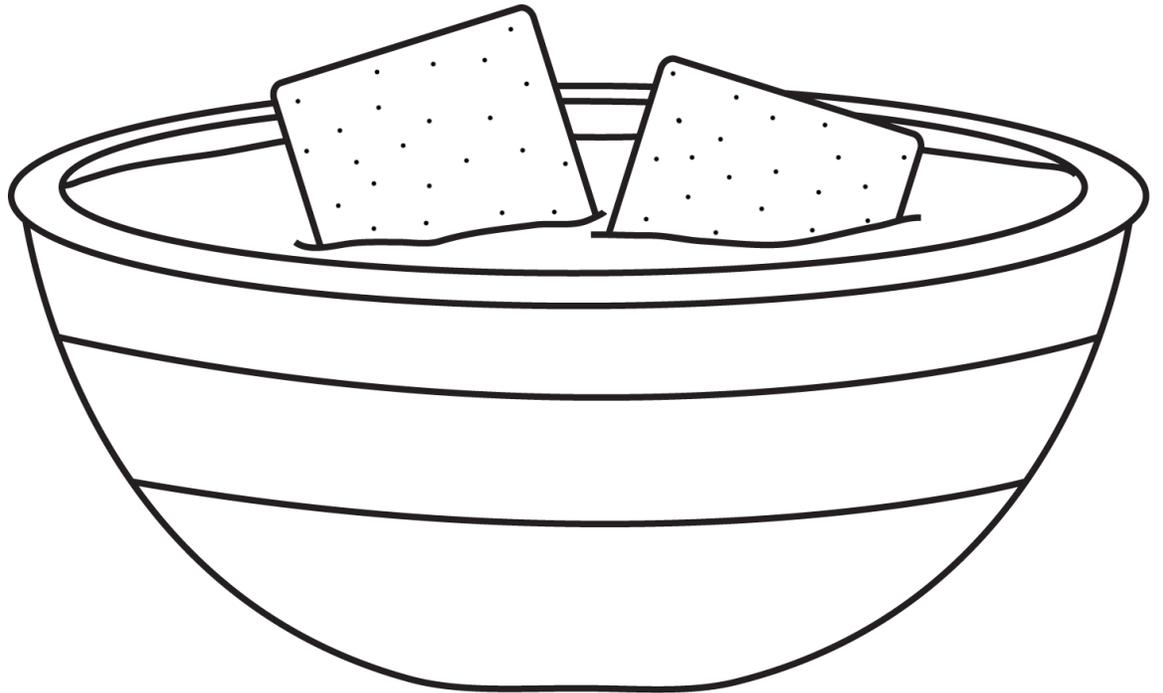


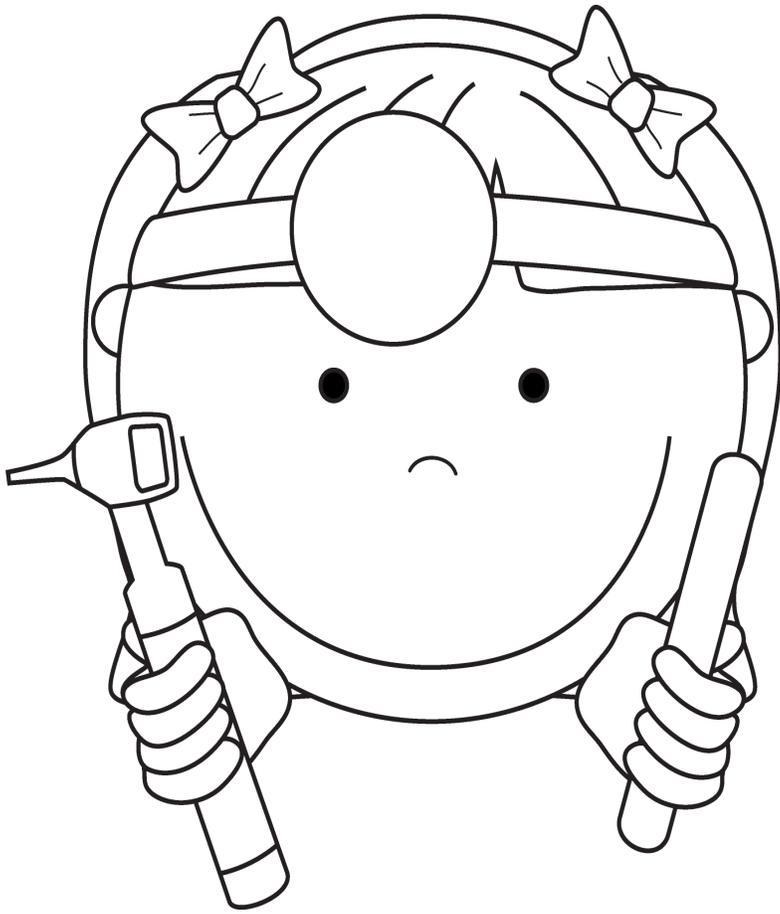


Drink plenty of water. It is very important that you stay hydrated, especially when you're sick.

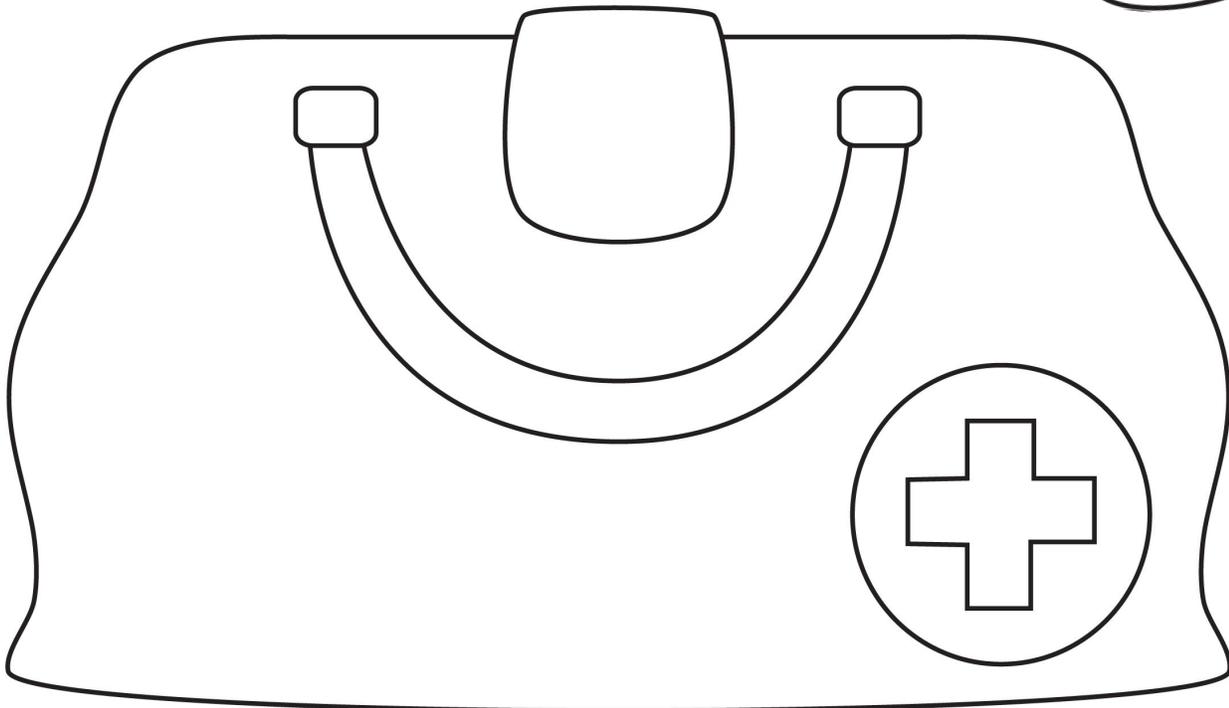
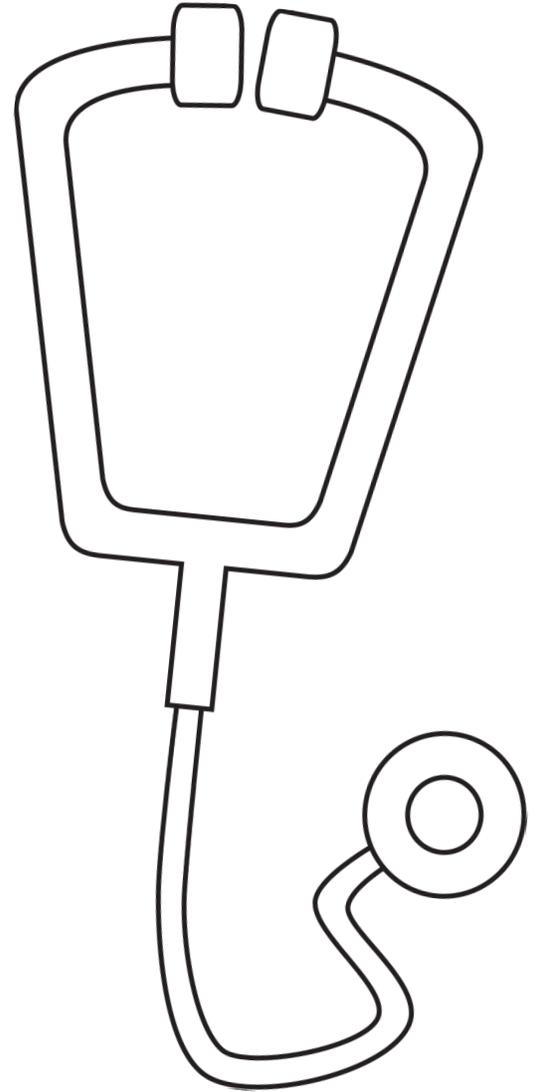


Do you enjoy a warm
bowl of soup when you're
sick?

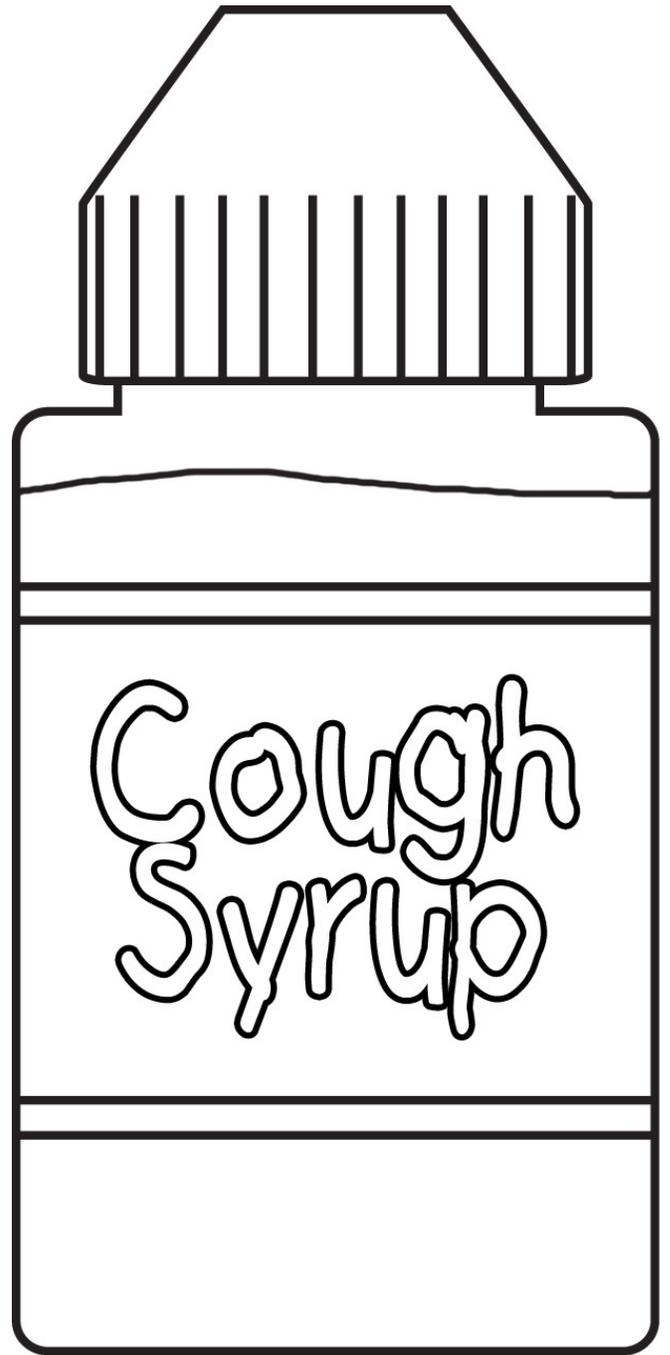
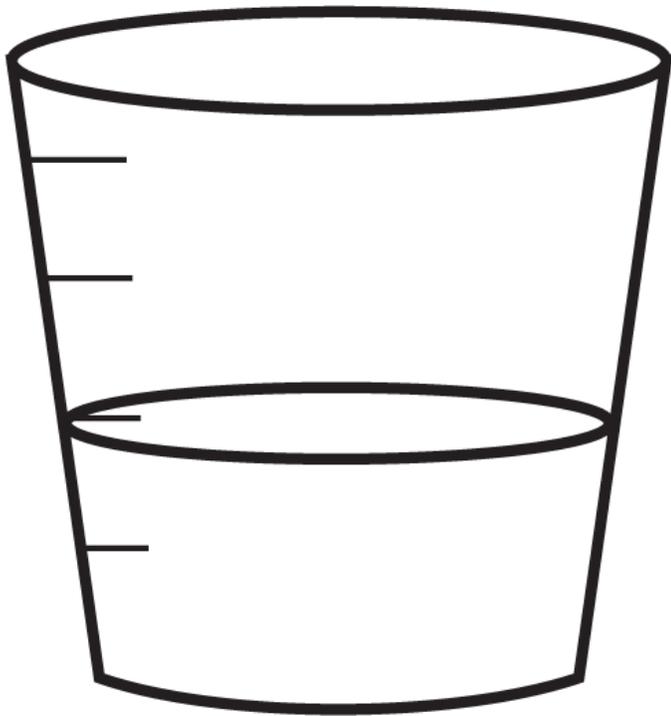


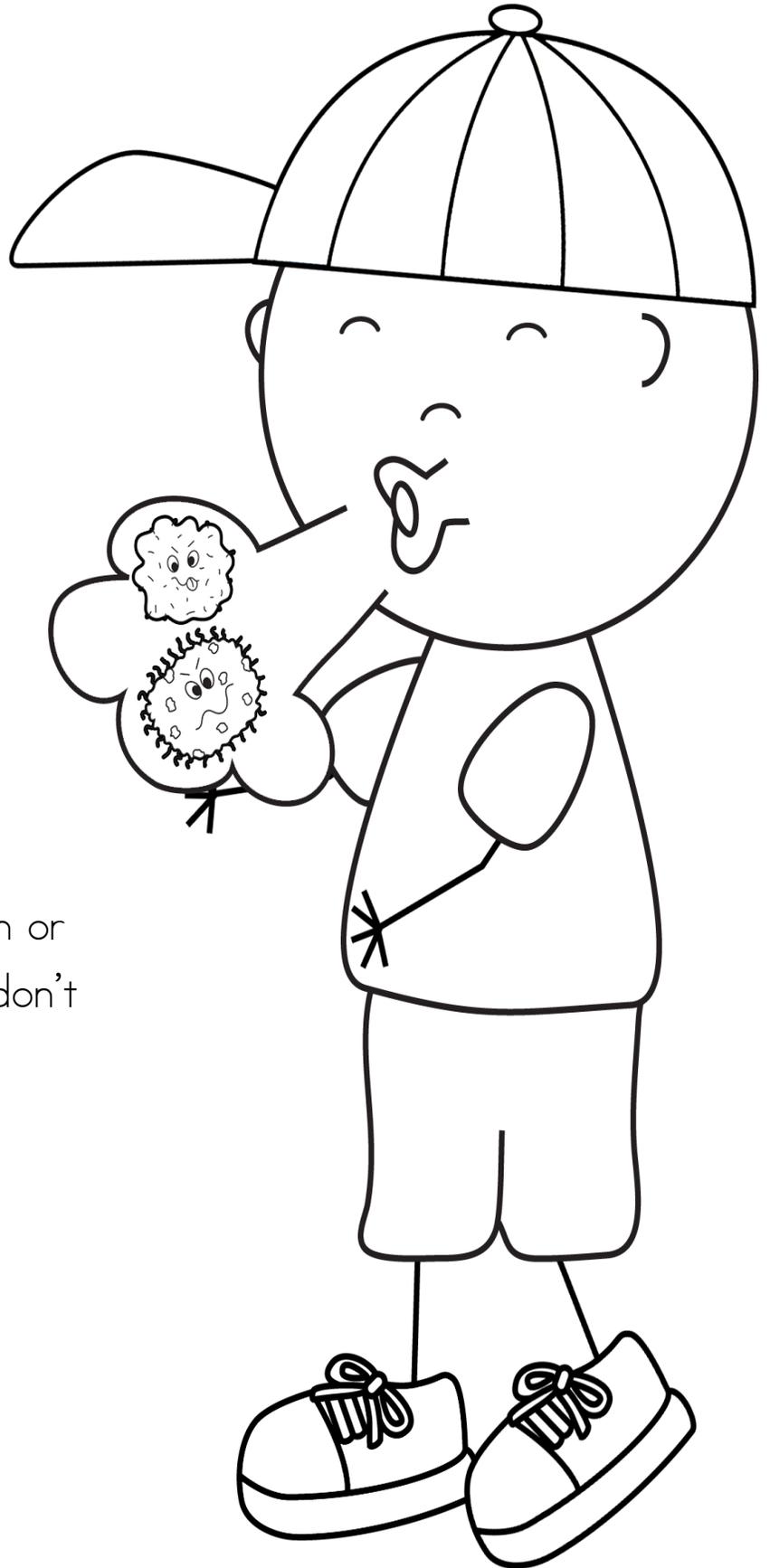


Sometimes we have to go to the doctor when we are sick. Other times we just need plenty of rest.



Sometimes we have to take
medicine when we are sick.





Remember when you cough or
sneeze it can travel if you don't
cover your mouth!



No tissue handy?
Sneeze or cough in your
elbow to keep germs
away from others!

We don't want to get
our friends sick!