


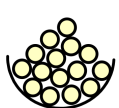
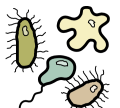
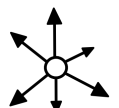
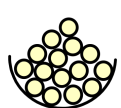

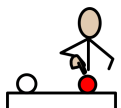
Learning about keeping healthy




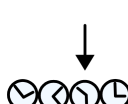
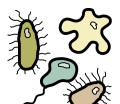










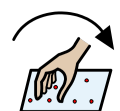



I am learning about keeping healthy. This is important.

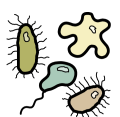
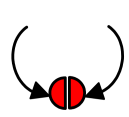




There are lots of germs everywhere. Most of the time this






is ok. Sometimes germs make people poorly.



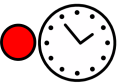











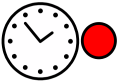



I can do some important things to try and stop the

















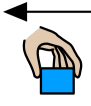

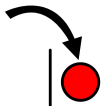

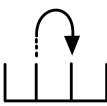
germs from making me or other people poorly.







 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

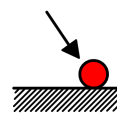
learning



about



keeping healthy.

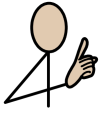


There

are



lots of



important

things



I can



do

to



help



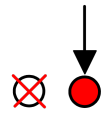
keep



myself



and



other



people

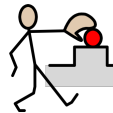


healthy.

If



I

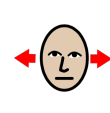


get



poorly

it is



not



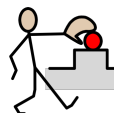
my



fault. If



someone else

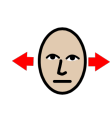


gets



poorly

it is



not



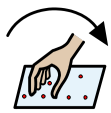
my



fault.

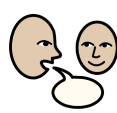


I can



try

to



talk to

an



adult

if

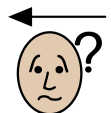


I



feel worried

or



confused.