



How Show Me Kids **STAY STRONG**

Hi! I'm Henry. I want to share what I've learned about germs and how to stay strong!



Germs are living things that are too small to see. You may hear these living things called bacteria or viruses.



Germs are all around me.



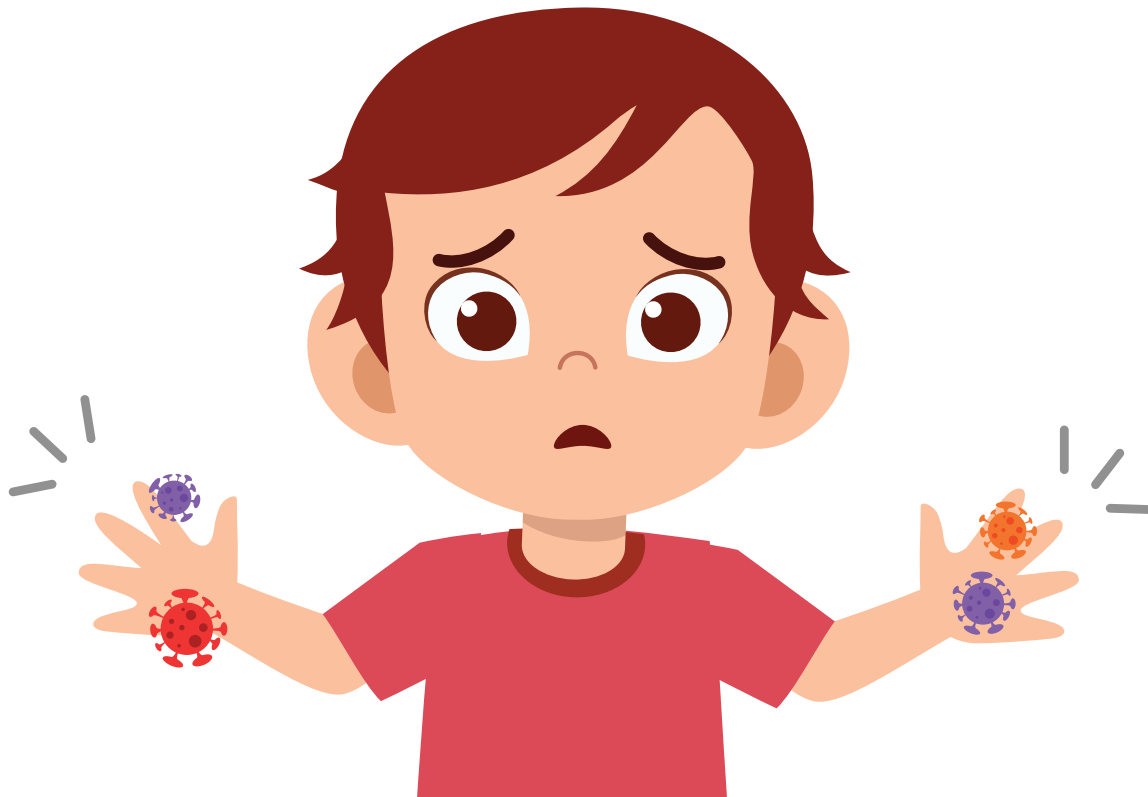
Most germs help keep me healthy, but some can make me sick. Staying home when I am sick can keep other people from getting sick and help my body feel better.



Keeping my hands, mouth, and body clean can help me stay strong.



Germs can get on me when I'm near someone who is sick...



or when I touch dirty things.



Covering my coughs and sneezes with the inside of my elbow or a tissue can help keep germs away from others.

Keeping my house clean by picking up trash and wiping off toys can help keep germs away.



It's important to wash my hands
with soap and water after
I use the bathroom
and before I eat.



Fun tip – I sing the ABCs while washing my hands to make sure I wash them long enough.



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



BACK OF HANDS

These tips will help keep my friends
and family strong too.





I can help stop germs
from spreading to keep myself and
others healthy and strong!



Learn more about
being a Show Me Strong Kid at
Showmestrongkids.org