I can do my part to keep myself and others healthy

By: Mrs. H.
Sometimes viruses and infections can make a lot of people sick!
No one likes to be sick. We always wish for everyone to get well soon!
I can help myself and others from getting sick.
I can cover my cough or sneeze.
I can wash my hands often with soap and warm water.
I can use hand sanitizer when there is no soap and water.
I can keep my hands away from my face.
I can eat healthy food.
I can get plenty of sleep.
I can exercise everyday.
My school is closed now to keep a lot of people from getting sick.
I am at home with my family. My friends are home with their families too.
I can learn at home by reading with Mom, Dad, or my big brother.
I can learn at home by using the computer, if it's okay with Mom or Dad.
I can spend extra time with my family.
School will re-open when it's safe.
I will see my friends and teachers again.
Everyone will be happy to be back at school!