

## What can I do to help stop the virus?

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Circle the good habits. Cross out the bad habits.



Cough/sneeze into my  
elbow or tissue



Get lots of sleep



Wash my hands



Touch my face



Eat a sandwich before  
I wash my hands

Eat healthy food



Stay home when I am sick



Go to the movies when  
I have a cold



Use a clean towel  
to dry my hands



Share my drink with a friend



Shake hands

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