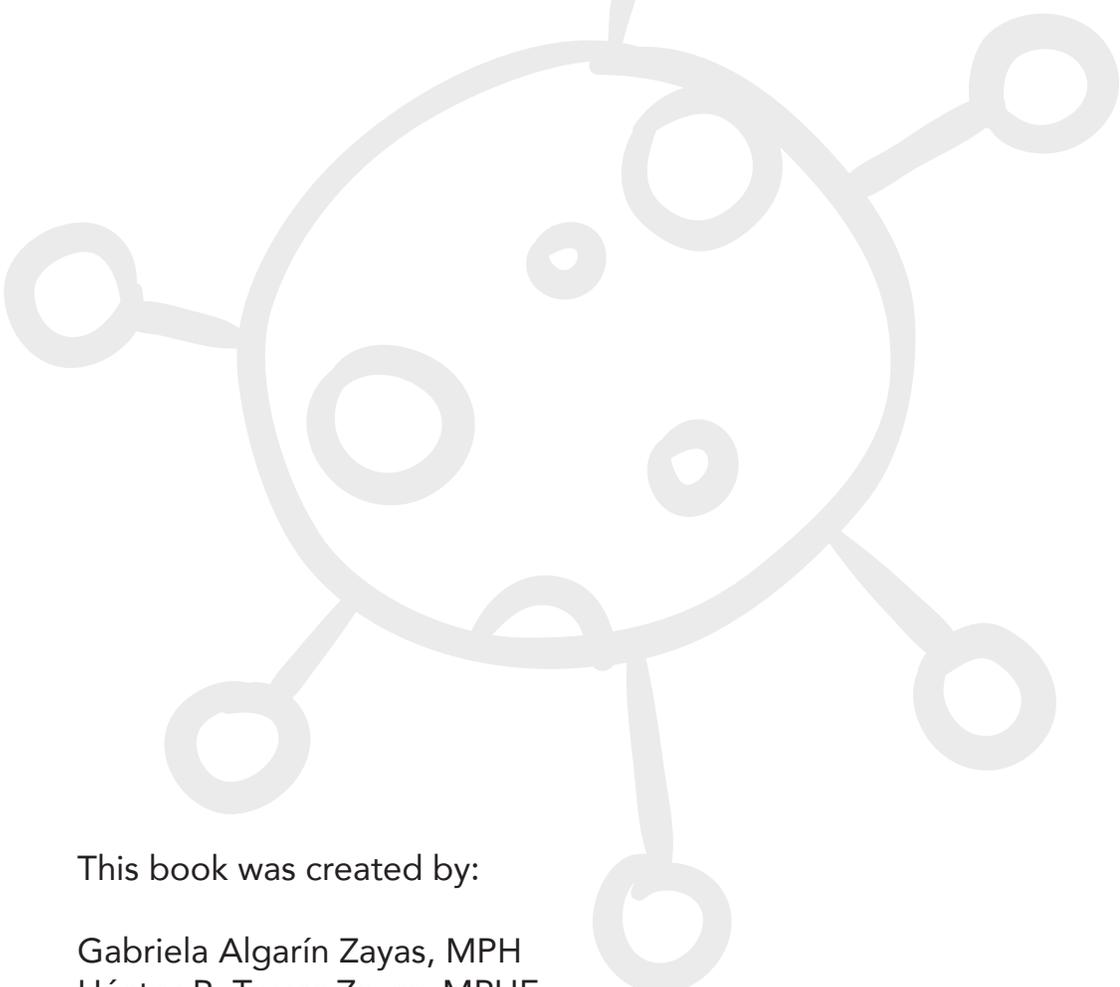


Activity Book



Achoo!





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Did you know?

Virus: Is a very small sized agent that often multiply and make you sick.

Influenza: Can cause fever, chills, cough, body aches and headache. To avoid getting sick, it's important to get vaccinated.

Coronaviruses: These are a family of viruses that can cause respiratory diseases. It is called like that because the outer part of the virus looks like a crown. Covid-19 is the disease caused by the Coronavirus. It is a new coronavirus and there is no vaccine yet to prevent it.

What are the symptoms?

Coronavirus:

Fever

Shortness of breath

Cough



Influenza:

Fever

Cough

Sore Throat

Headache

Pain in the body

Congestion

Fatigue



How are Coronavirus and Influenza transmitted?

Germs are spread if someone who is sick coughs or sneezes near you.



Instructions: Color the images.

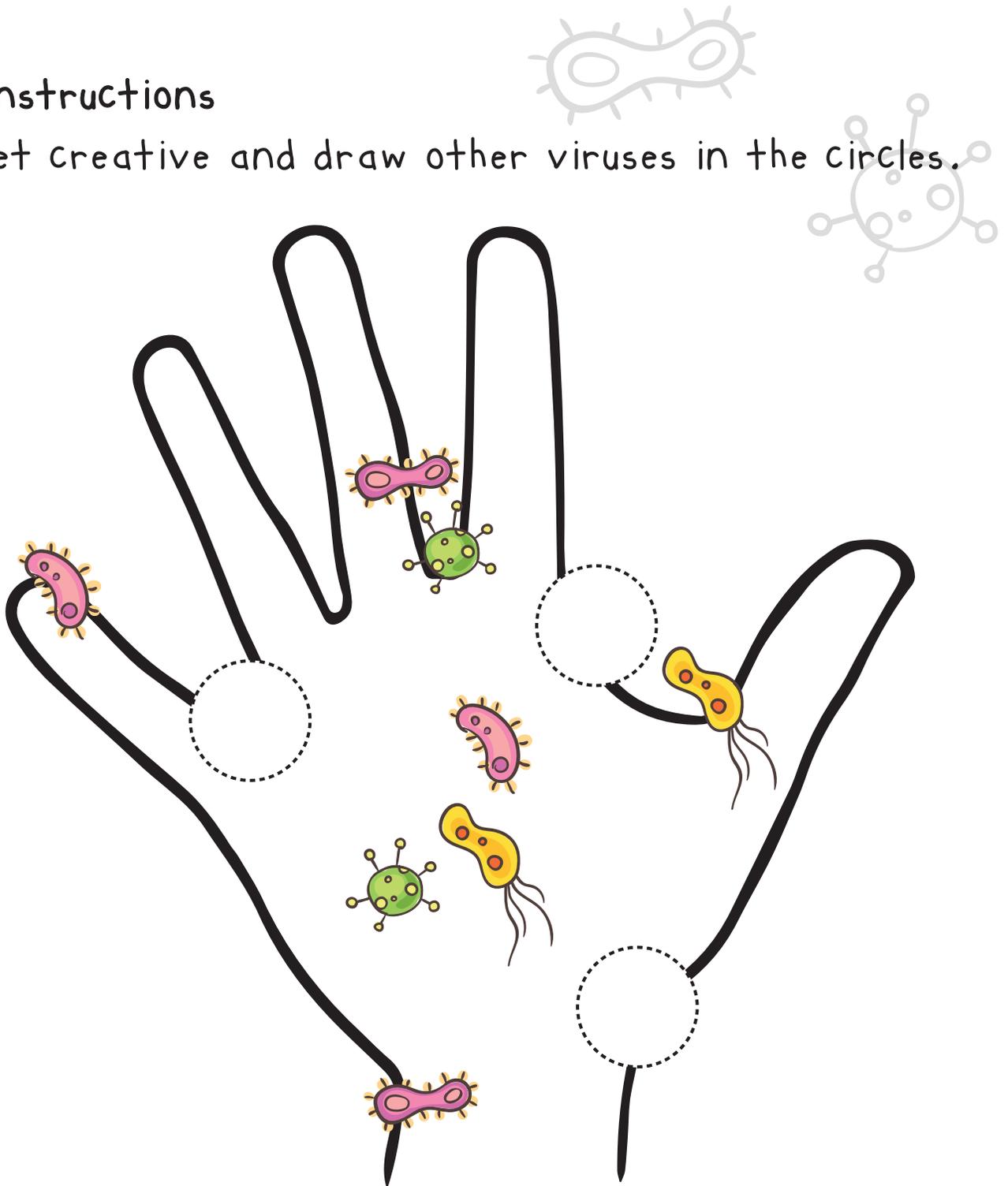


Germs can be on objects. If you touch something that has germs on it and then touch your eyes, mouth or nose, you can get sick too.

This could be your hand after touching objects, sneezing, coughing, blowing your nose, being with lots of people, or using the toilet.

Instructions

Get creative and draw other viruses in the circles.



Instructions

A. Write down the alternatives you made.

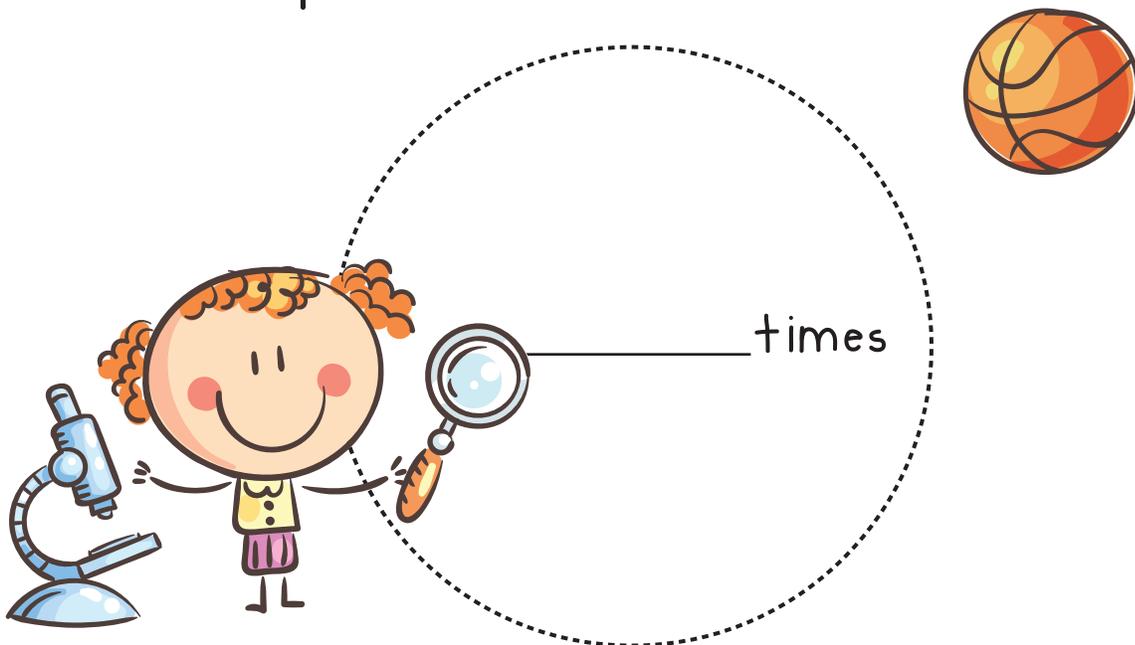
B. Write down the number of times you washed your hands.

A. What activities did you do today?

-
-
-
-
-

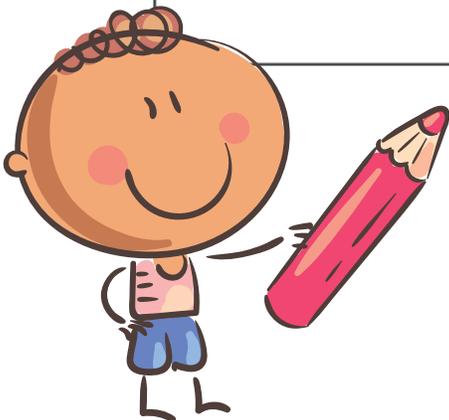


B. How many times have you washed your hands with soap and water?



Alphabet Soup

R V B H L X A N O E W Z B T G
D V N D C K S Z O G L U F U U
Z A K M S G U D S P S O A P A
W Y J V I R U S K Z N W Q R Z
N L C U E B B Q J K A P C G V
M R V A R H K F L U S O D S N
V L U F N V Q V A V E I X Z Z
C O U G H K Y X N H T S J R C
Q L E B A D T I H T Y B R J I
W C O R O N A V I R U S U Y L
Z H G W A T E R F Q M T O A X
I K I F E V E R O L S M S Z J
T P W Q S E V R X L Q I A O C
Q R D V G D M B Z W Z P R A V
P D I X T I I J U S V V K G Y



VIRUS
CORONAVIRUS
WATER
FLU

FEVER
COUGH
SOAP

Hand Washing

Wash your hands with soap and water for 20 seconds. To count the time, you can sing the "Happy Birthday" song while you wash your hands.



1.

Put soap and water on your hands.



2.

Rub the soap on your hands and between your fingers.



3.

Wash all parts of your hands for 20 seconds.



4.

Rinse your hands completely.



5.

Dry your hands with a towel or paper towel

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Instructions

Cut out the circles and paste them in the previous sheet, in the order of the steps of how to wash your hands correctly.

1



2



3



4



5

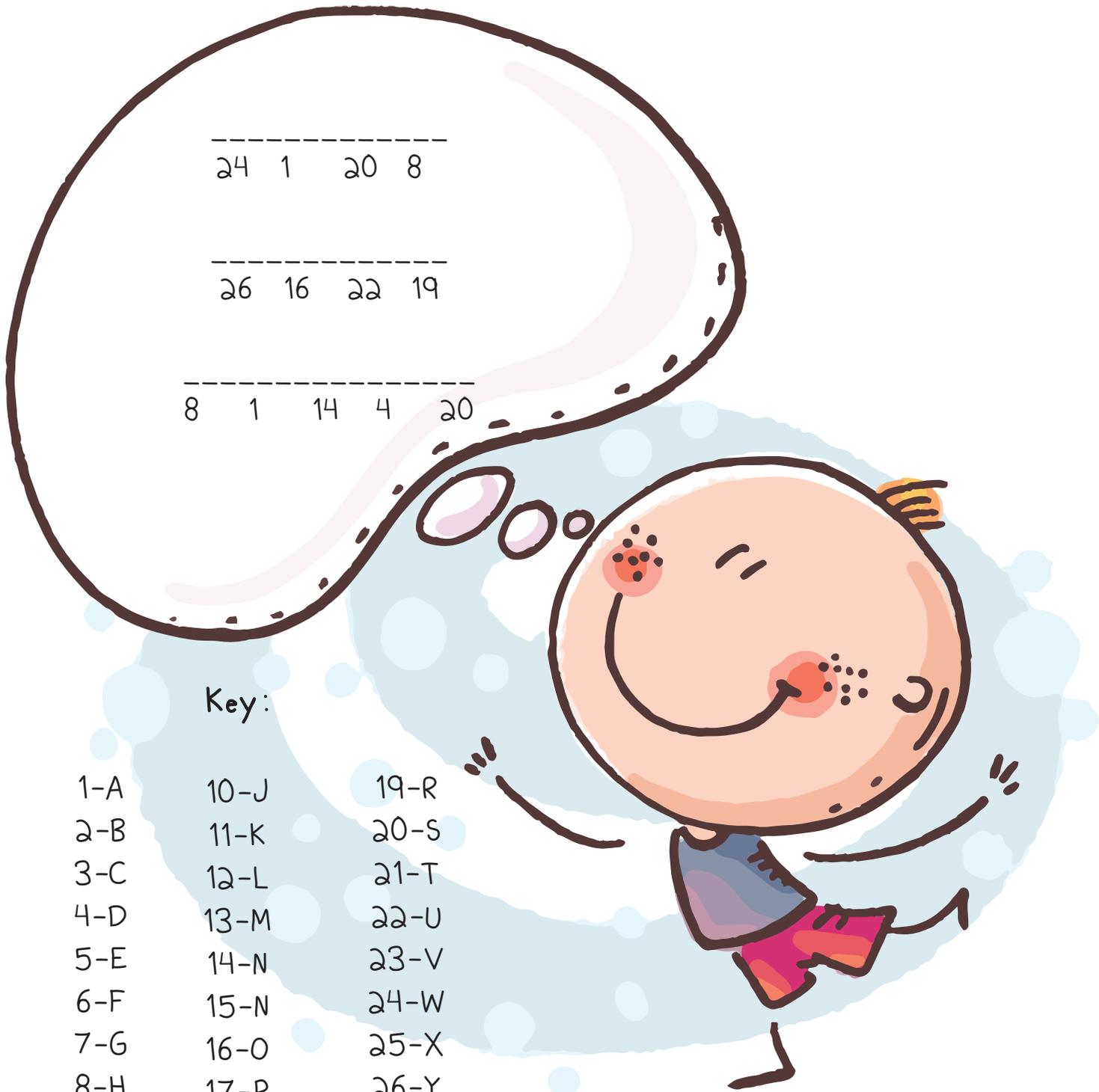


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Secret Message

Instructions:

Use the clues below to discover the secret message and you will know a powerful tool that will help you prevent you from getting sick.



Key:

- | | | |
|-----|------|------|
| 1-A | 10-J | 19-R |
| 2-B | 11-K | 20-S |
| 3-C | 12-L | 21-T |
| 4-D | 13-M | 22-U |
| 5-E | 14-N | 23-V |
| 6-F | 15-O | 24-W |
| 7-G | 16-P | 25-X |
| 8-H | 17-Q | 26-Y |
| 9-I | 18-R | 27-Z |

Instructions: Color the images.

When you feel like sneezing or coughing you should cover your mouth with a paper towel or tissue and throw it away immediately.



If you do not have a paper towel, or tissue, use your elbow or arm to cover your mouth.



This will prevent you from carrying the germs to other surfaces.

Hi, my name is:

You are an expert!
You're avoiding getting sick and making others sick!

Now we need your help in getting this information to your family and friends.



REMEMBER:

- Wash your hands with soap and water for 20 seconds.
- Cover your mouth with a paper towel or tissue when you sneeze or cough.
- Stay away from sick people.
- If you feel sick, tell your mom, dad, or your caregiver. They will know if they should call the pediatrician.





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