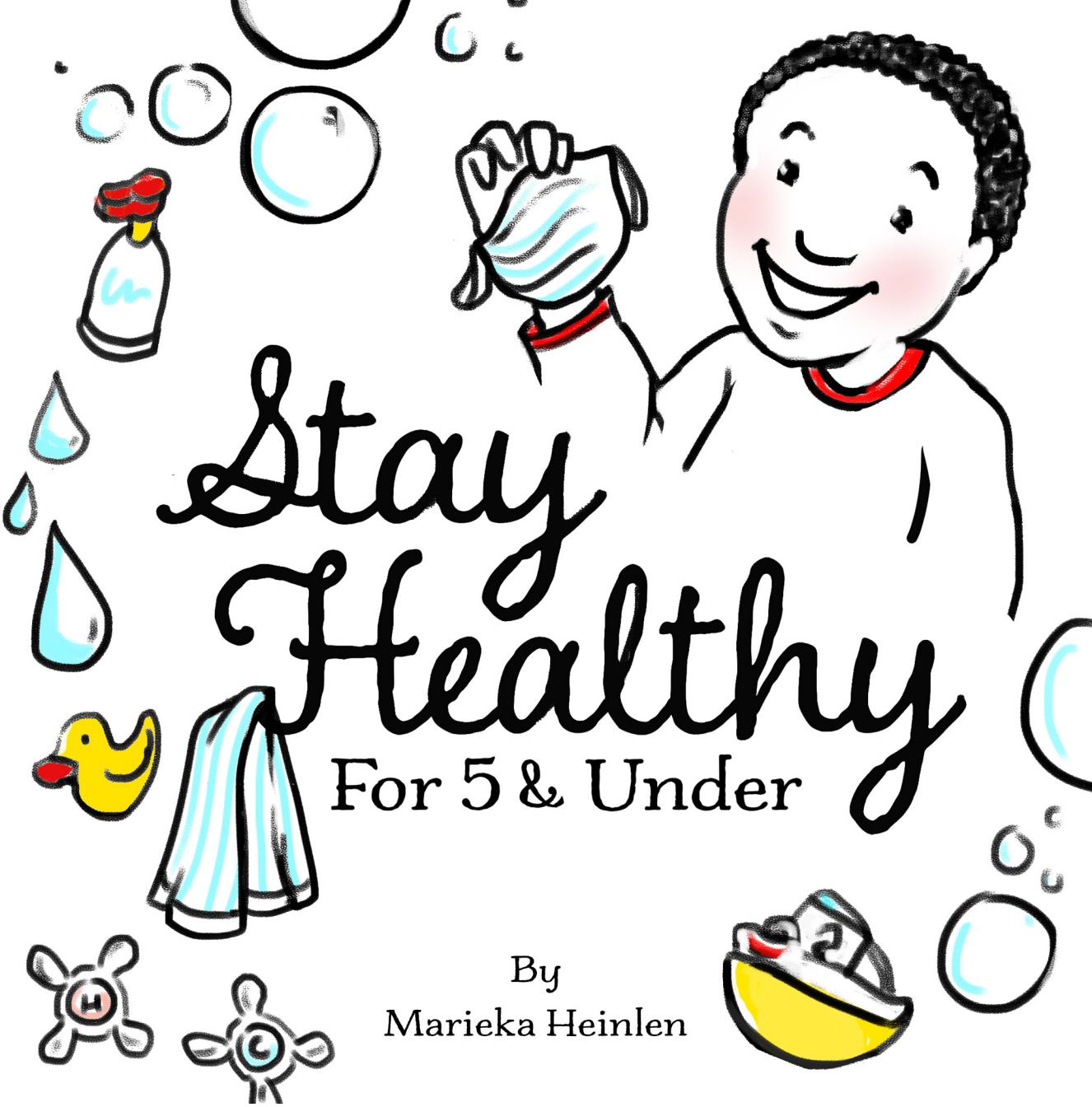




Stay
Healthy

For 5 & Under

By
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What does it mean to be HEALTHY?



It means your body is getting what it needs,
like good food and clean water.

It also means you are taking care of your body by exercising, sleeping, and keeping ourselves clean.



When your family is healthy,
they are not sick. Everyone is
feeling good. You can play, work
and enjoy being together.





People do
get sick, though.
That's when we really have
to work a little harder to help everyone stay healthy.

One of the best ways is to keep ourselves clean.
Clean faces, clean bodies, and especially—

CLEAN HANDS!





Clean hands need 5 steps,
just like your 5 fingers!



1. Wet. As wet as they can get.



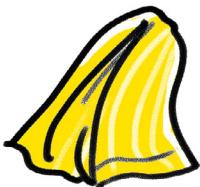
2. Lather. All the soap you gather.



3. Scrub. Go scrub-a-dub-dub.



4. Rinse. Because that makes sense.

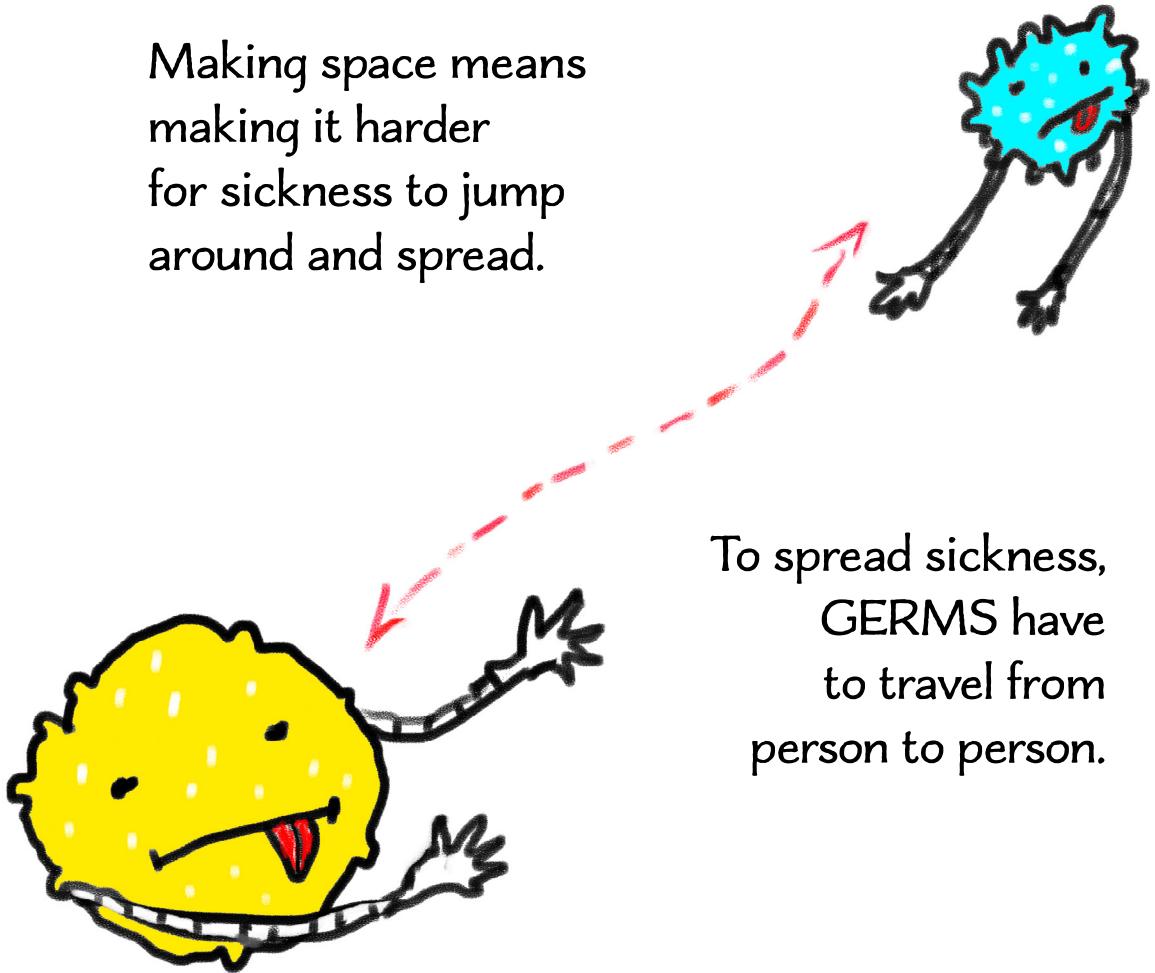


5. Dry. Now wave bye-bye!



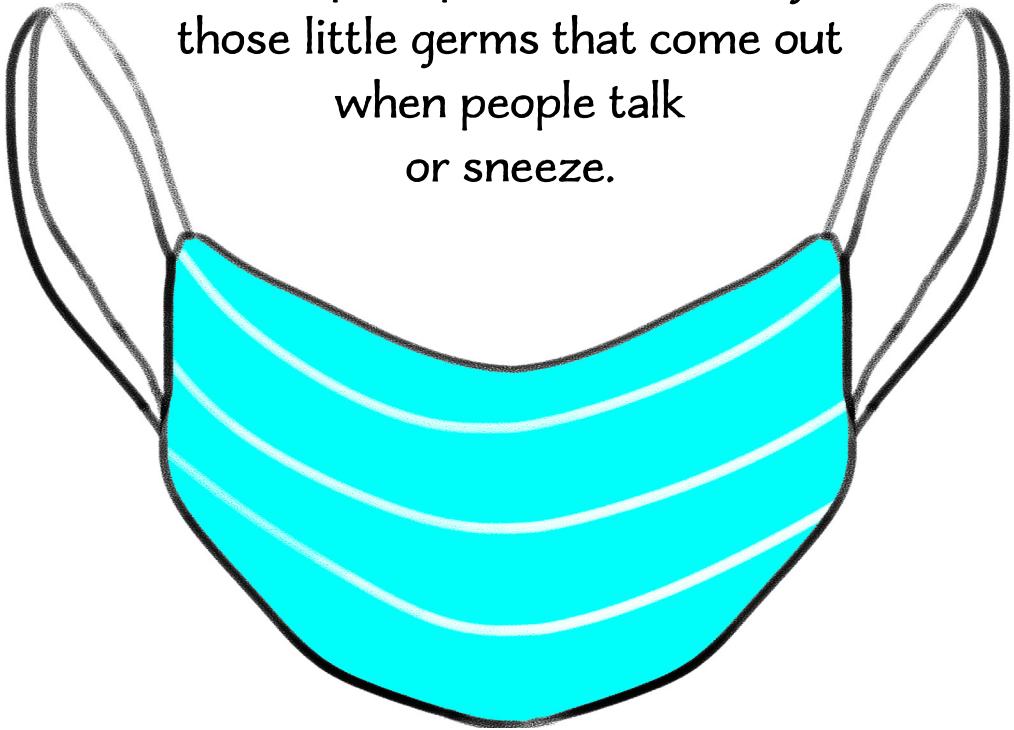
Sometimes, we do things to be EXTRA safe. Things like making space, wearing masks, and using sanitizer.

Making space means making it harder for sickness to jump around and spread.



To spread sickness, GERMS have to travel from person to person.

Face masks cover our nose and mouth
to help keep us from sharing
those little germs that come out
when people talk
or sneeze.



Sanitizer zaps icky germs that can be on
surfaces and hands when we don't have
a place to wash them.



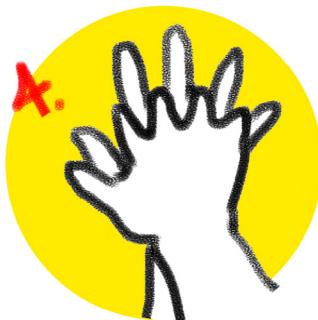
Apply sanitizer.



Scrub palm to palm.



Palm to back.



Between fingers.

HERE'S HOW



Until hands are dry.



Base of thumbs.

Isn't it nice we have all those ways protect our bodies and other people's bodies, too?



Now you know how to stay
healthy and stay safe!

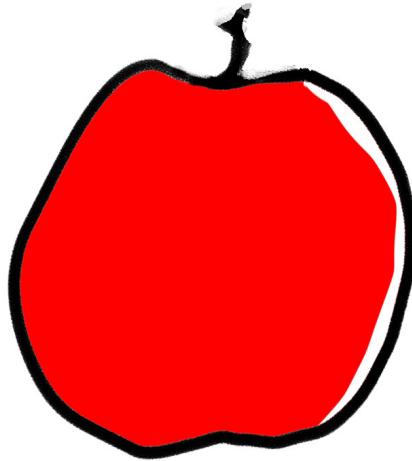


Additional Information for caregivers, based on advice from **The World Health Organization**:



- When people get sick, it's common for us to feel sad, worried, confused, scared or angry. Reassure kids that they can talk to you and people they trust.
- Empower children by reminding them they can help keep themselves and their school or community safe and healthy.
- Wash your hands together when possible to model good practice. Wash them frequently, always with soap and water for at least 20 seconds, and dry.
- Remind kids to try not touch their face, eyes, nose and mouth. Keep tissues available.
- Talk to kids about when it's inappropriate to share cups, eating utensils, food or drinks with others.

- Model good practices such as sneezing or coughing into your elbow and sanitizing your hands, or wearing a mask.
- Be an example of a leader in keeping yourself, your home, and school clean and healthy.
- Encourage kids to share what they've learned about preventing disease with their family and friends.
- Don't stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, ethnicities, age or ability or gender.
- Repeat and reaffirm that kids should tell their parents, another family member, or a caregiver if they feel sick, and ask to stay home.
- New and helpful advice is always around the corner! Ask questions, educate yourself and get information from reliable sources, such as www.who.int.



Stay Healthy!