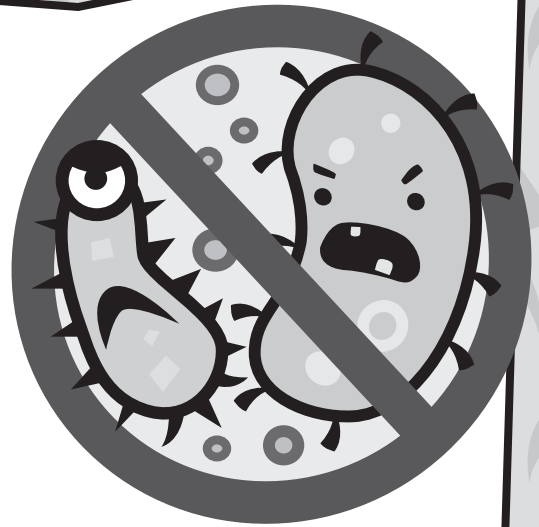


KEEP AWAY, GERMS!



Nobody likes feeling sick.

But most kids your age have had a cold or the flu. Colds and flu are a type of sickness you can catch from other people. You may have also heard of chicken pox, measles and mumps.

Sicknesses that can be passed from person to person are caused by germs. Germs are very tiny things that can get in your body and change the way it works so you don't feel well. There are many kinds of germs. Bacteria and viruses are two you may have heard about.

Germs know how to get around! They can move from person to person when someone who is sick touches, hugs or kisses someone else.

Germs can live on things a sick person has touched. These include doorknobs, counters, sinks, spoons, forks, toys and tissues. When other people touch these things, they can get the germs on and in their bodies too.

Germs can also travel through the air when someone who is sick coughs or sneezes. Then other people breathe in the germs and get sick.

So, what can you do to keep germs away? To stay healthy, you have to keep the germs that cause sickness from getting into your body.

One of the best ways is to wash your hands often. Wash your hands before you eat, drink or touch food. Wash your hands after you use the bathroom. Wash your hands after you've been in public places or have been around someone who is sick.

You should also wash your hands after you cough or sneeze when you are sick. This can help you not spread germs to other people.