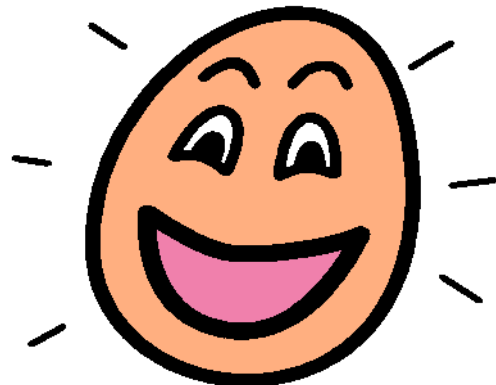


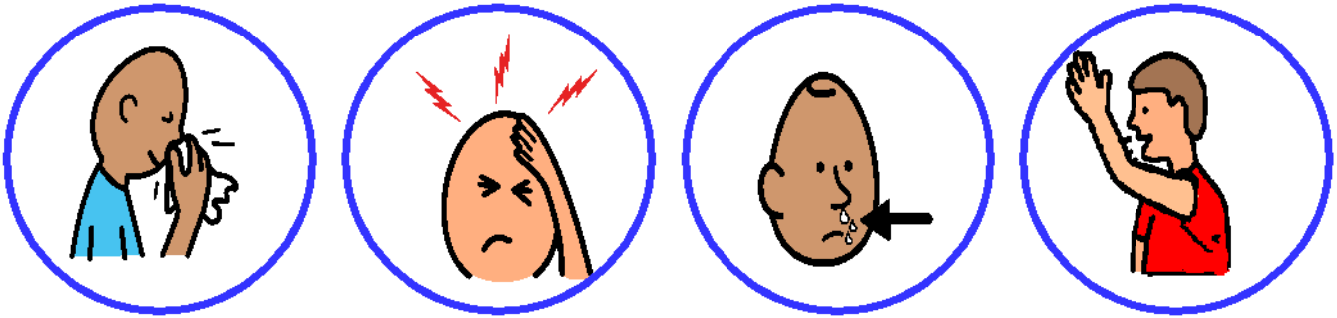
**We Are Staying Healthy!**



Sometimes people get sick with the flu.



When we get the flu we sometimes sneeze, feel sore, have a headache or feel hot. We may also get a runny nose or cough.

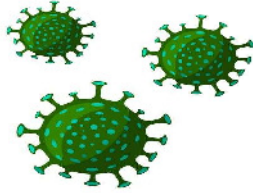


This is normal - This happens to many people.

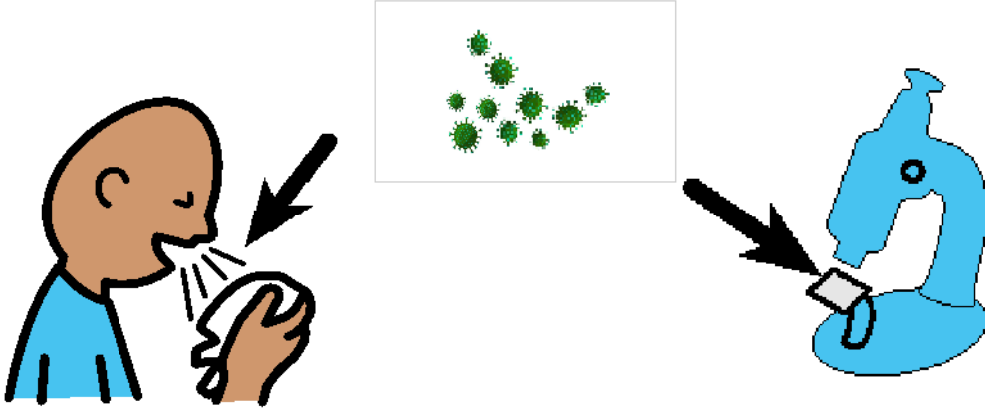
It is the normal way our body gets rid of the germs that are making us sick.



The flu comes from a germ called a VIRUS.



A virus is too small to see, but it is in the stuff that comes out of our nose and mouth when we sneeze or cough.



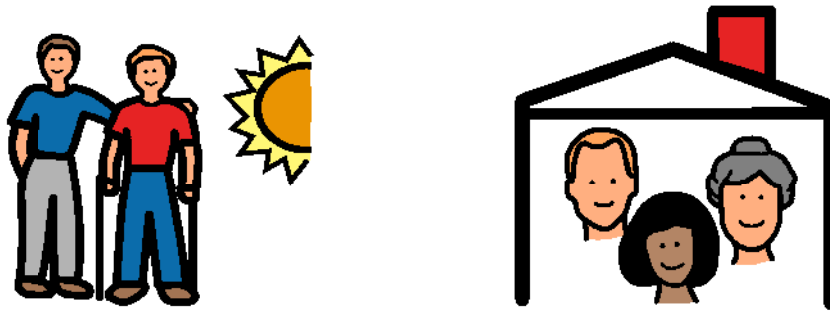
It is important to stay healthy!



If the virus germs get inside our body, they can make us sick. When people are sick, they cannot go to work or to school or do fun things until they feel better.



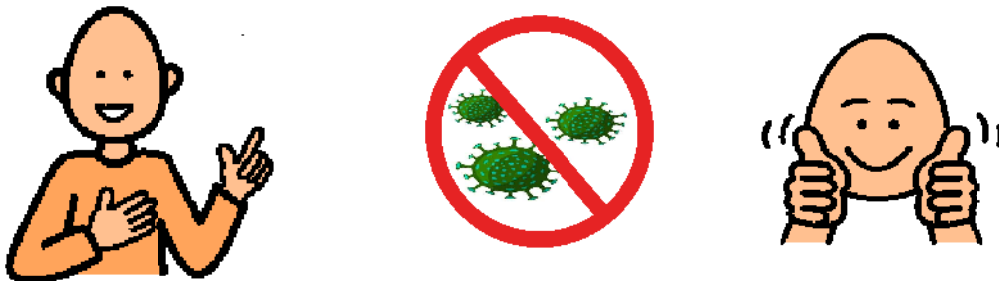
My caregivers take care of me all day and all night. They are happy to spend time with me and I enjoy being with them!



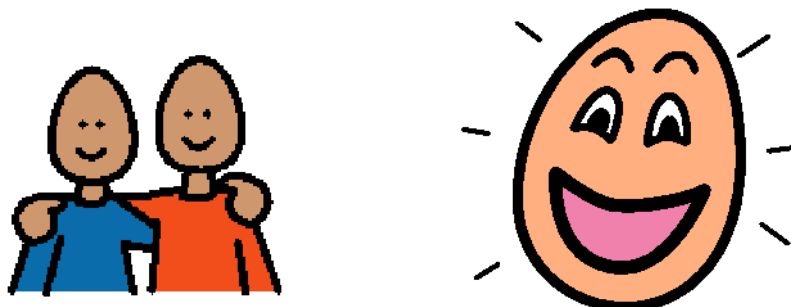
It is important that my caregivers stay healthy and do not get the flu.



It is important that I stay healthy and do not get the flu.



Staying healthy means we can spent time together and do fun things!



## There are things I can do to keep healthy:

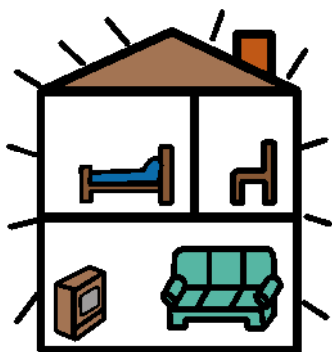
I can cough or sneeze into my elbow or a kleenex, so germs don't spread.



I can wash my hands with soap and water after I cough or sneeze, before I touch anything else.

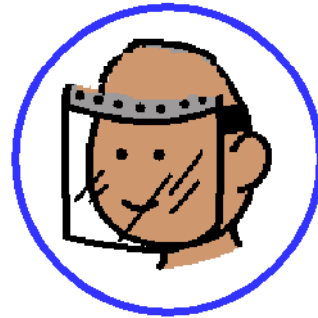
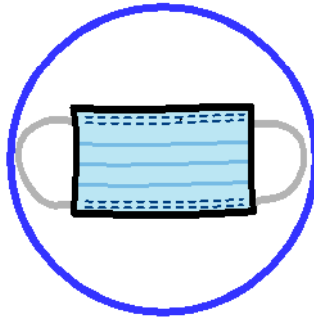


My caregivers will keep everything clean in my home so germs will stay away and we stay healthy!

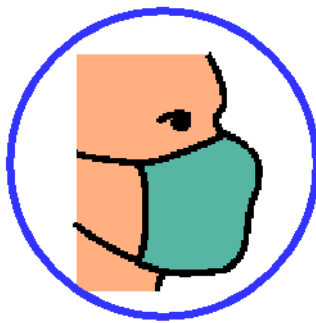


## There are things that my caregivers may wear to keep everyone healthy:

My caregivers may wear special covers over their face, mouth and nose. These are called MASKS or SHIELDS.



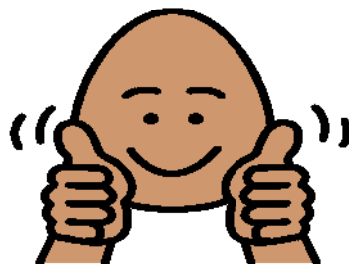
People look different when they put on these things - **This is OK!** My caregivers can still talk to me and I can see their eyes.



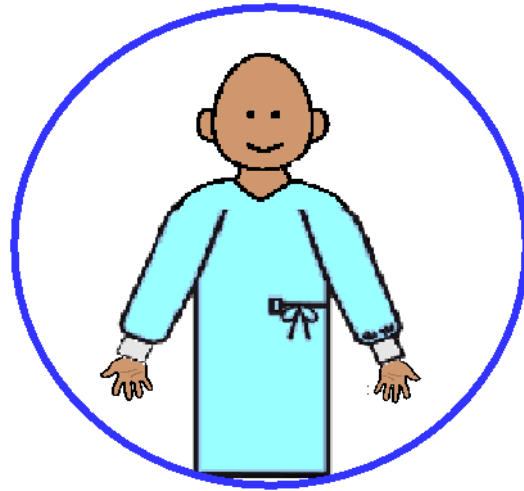
The special covers will help stop everyone from getting germs into their body.

**This is OK!**

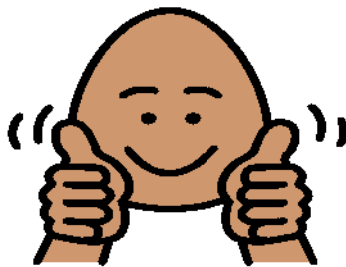
**The covers will help us stay healthy!**



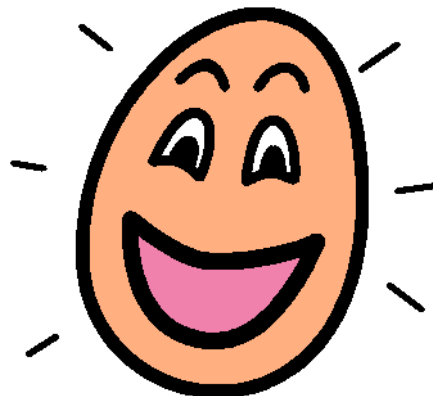
**My caregivers may also wear a gown to cover their outside clothes.**



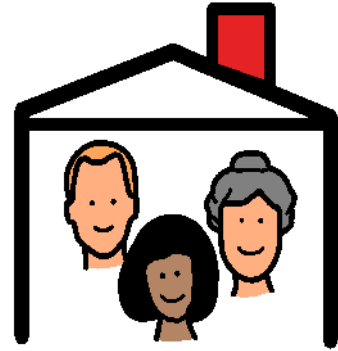
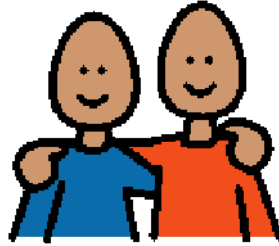
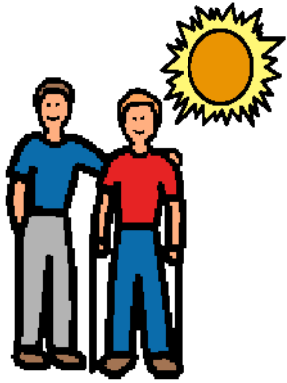
**This is OK! - This is to stay healthy**



**It is OK when my caregivers wear these special clothes.  
They are keeping germs out so we all stay healthy, and no  
one gets sick.**



When all the germs go away, my caregivers will take off the masks and gowns when we are together.



**We will all be healthy!**

