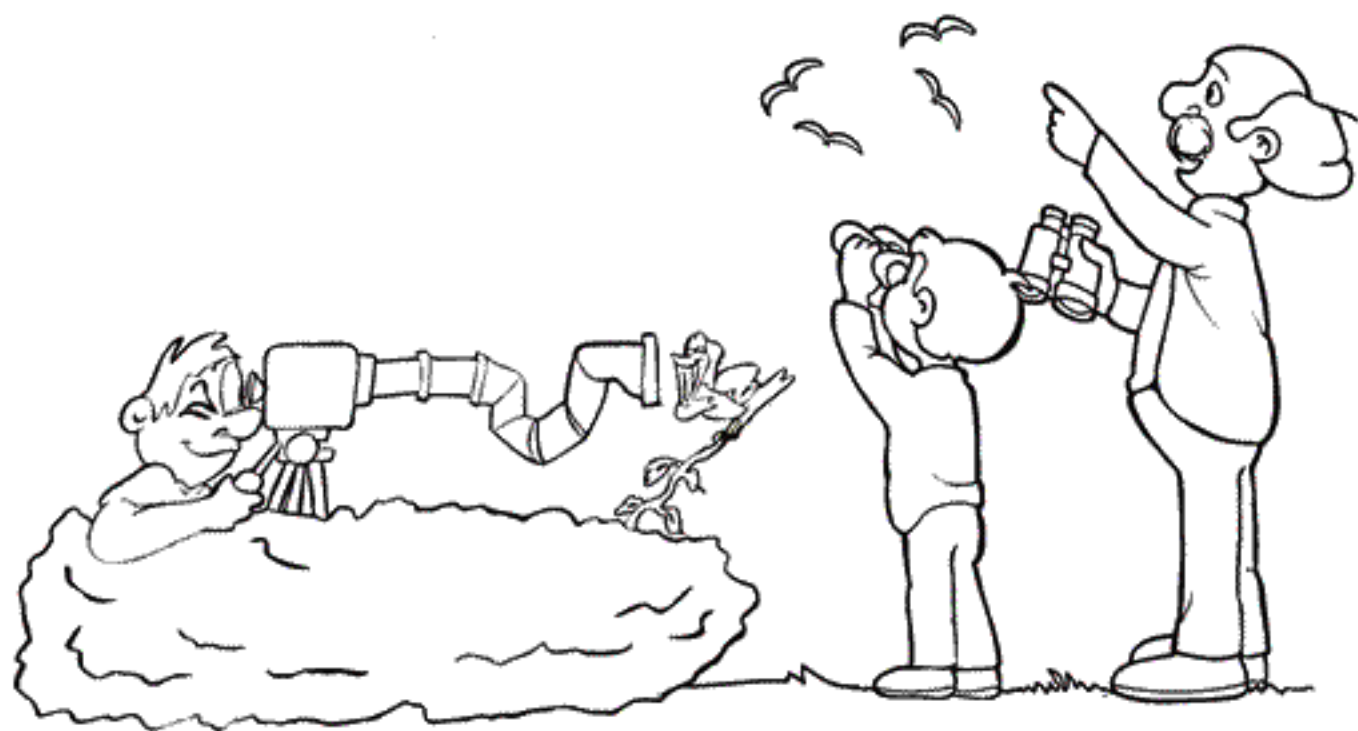


# BE CAREFUL AROUND ANIMALS



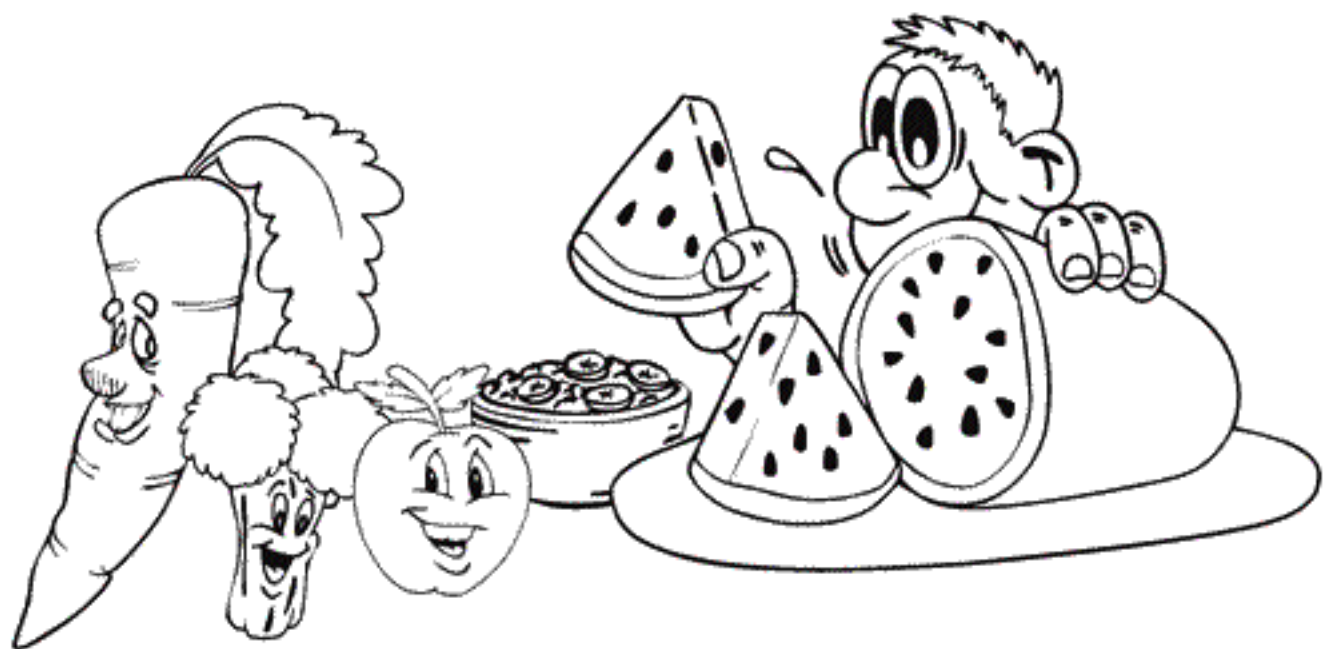
**Wash your hands after touching animals.  
Don't get close to wild animals.  
Stay away from animal droppings.  
Tell an adult if an animal bites you.**

# COVER YOUR COUGH



It's nice to share your toys,  
but don't share your germs.  
Cover your coughs and sneezes with tissues.  
Throw away your dirty tissue.  
If you have no tissues, cough into your elbow.

# EAT HEALTHY TO BE HEALTHY



**Follow the food pyramid.  
Eat lots of fruit and vegetables.  
Whole grains are good for you.  
Limit sugars and high-fat foods.  
Stop eating when you are full.**

# HAVE AN EMERGENCY PLAN



**Know important phone numbers.  
Keep a supply of drinking water and food.  
Have medical, first-aid and hygiene supplies.**

**EXERCISE  
EVERY DAY!**



**Play a game with friends.  
Ride a bike.  
Take a walk with your parents.  
Go to the playground.**

**GET YOUR FLU  
SHOT!**



# EAT FRUITS AND VEGGIES EVERY DAY



**Eat fruits and  
vegetables every day.**

# WASH YOUR HANDS



It's the best thing you can do to not get sick.  
Sing your ABCs twice while washing.