

# How to Be a Healthy You!

For children 8 to 12 years old

## OUR BODIES ARE AMAZING! THEY WORK HARD TO KEEP US HEALTHY.

- Germs are tiny invaders that can make us sick.
- They are so small you cannot see them without a microscope!
- Germs get into our bodies without us noticing.

### Germs can cause:

- A fever
- Headache
- Sore throat
- Body aches
- Rashes
- Upset stomach
- Cough
- Runny nose

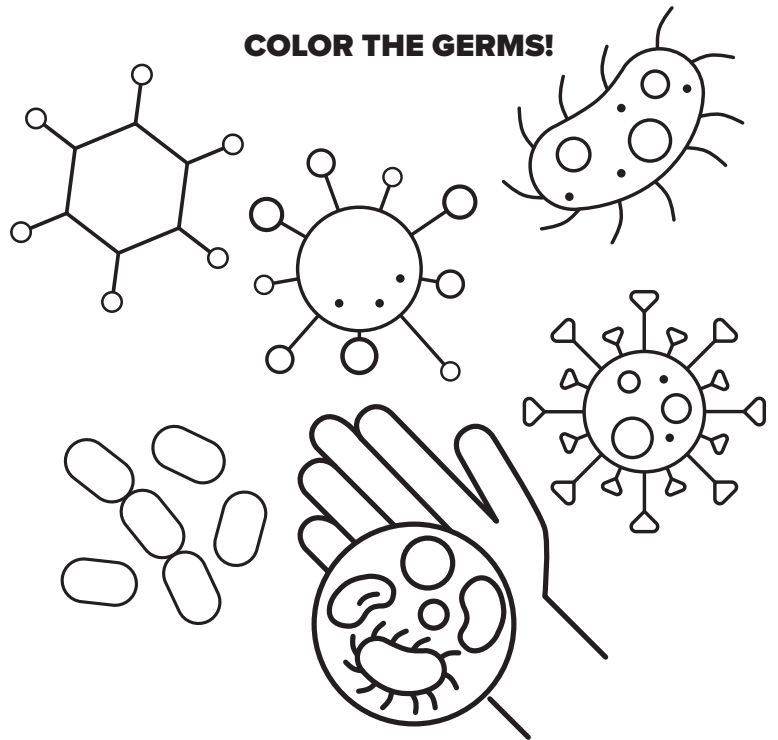
### Fun facts

- Some germs can be spread through the air when someone sneezes or coughs.
- Some germs can also be spread by touching a surface, then touching your nose or mouth.
- Some germs are spread only by contact with another person's blood.
- Your skin helps protect you from germs that are spread by blood.

### Healthy behaviors help keep germs away!

- It is super important to wash your hands. Wash them:
  - After you cough or sneeze
  - After you play outside
  - Before you eat
  - After you visit someone who is sick
  - After you use the bathroom
- Wash your hands for 20 seconds. Sing the *Happy Birthday* song twice!
- Keep other people from getting your germs. Cover your mouth and nose when you sneeze or cough. If you have a tissue, use it to cover your mouth and nose. If you don't have one, cough or sneeze into your elbow, NOT your hands.
- Healthy skin protects your body from germs. If you get a cut or scrape that bleeds, be sure to wash it – then cover it with a Band-Aid. If a friend bleeds, avoid touching their blood.

### COLOR THE GERMS!



### WORD SEARCH FOR HEALTHY BEHAVIORS

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

**Words:** Cover Mouth Sleep Vegetables  
Fruits Band-Aid Cover Nose  
Exercise Wash Hands Use Tissues

## **What is HIV?**

HIV is a virus, like a germ.

**H** is for Human. **I** is for Immunodeficiency  
(Pronounced: ih-mew-no-dih-fih-shun-see).

**V** is for virus.

- Inside your body is something like a shield that protects you from getting sick. It's called your immune system. When HIV invades your body, it hurts this system. If you have HIV, you can get very sick.
- HIV is not like a cold or the flu. You cannot get it from someone coughing or sneezing on you. You also cannot get it from handshakes, hugs, sharing food or water, or from mosquito bites.

**You can get HIV if the blood of a person living with HIV gets into your blood.**

- Don't touch other people's blood.
- If someone gets a scrape, don't touch their blood. Tell a trusted adult right away.
- Do **NOT** touch needles that are used to give shots. Tell a trusted adult if you see a used needle on the playground, on the street, in the woods, or in a building. An adult can safely remove and store it.

**You can get HIV if someone who has HIV tries to touch your private parts with their private parts.**

- Private parts are covered by the bottom of a bathing suit.
- If someone tries to touch your private parts, tell a trusted adult, like a parent and/or guardian, teacher, or counselor.

**Medicine can help people who are living with HIV stay healthy.**

- It's important for everyone to see a health care provider, like a doctor.
- Never take someone else's medicine.

## **Staying healthy**

- It is important to eat vegetables, fruit, and meat, fish, or beans. If you sometimes don't have enough to eat, tell a trusted adult, like a teacher or a counselor.
- Getting at least 8 hours of sleep each night can help you stay healthy. Playing and exercising can help, too.
- These things keep your body strong and ready to fight germs!

## **Be kind to people who don't feel well or are sick**

- Being sick can feel lonely. Being kind will let the person know that others care about them.
- Don't make fun of people when they don't feel well or are sick.
- Being kind always helps the other person feel better, especially when they're sick!

## **Can You Find the Sink?**

Start with the hands and follow the maze to the sink so you can wash your hands!

