

NOTE

A rash is a group of small red spots on the skin that are slightly raised. Avoid means to stay away from or stop from happening.

What's Wrong?

There are many childhood illnesses. Look at these kids. They are both sick. They both have red spots all over their body. Let's look closer to see what's wrong.

■ Chickenpox

This girl might have chickenpox! Chickenpox is a nasty virus that makes you feel very itchy. It causes large pink or red bumps to appear all over your body. These bumps get big and pop. The chickenpox can also give you a fever and a headache. It's a very painful illness.

■ Measles

This boy has measles! Measles might look like chickenpox, but it is different. Measles starts as spots that appear on your forehead and travel down your body to your neck, arms, legs, and feet. The spots don't turn into bumps that pop. The spots are more like a rash. After three to five days, the spots will go away. Measles can also give you a fever and also earaches and eye problems! Be careful around measles.

■ How to Stop the Spread of Diseases

There are many ways diseases and viruses can spread. The best way to avoid them is to be clean. Cover your mouth when you cough and sneeze. Wash your hands often. You can pick up germs from many places. So be careful and avoid touching your face with dirty hands.



True or False.

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|--|------|-------|
| 1. The girl has measles. | true | false |
| 2. Chickenpox can give you a fever and headache. | true | false |
| 3. Measles usually starts on your arms and feet. | true | false |
| 4. Measles look like small bumps. | true | false |
| 5. The best way to not get a virus is be clean. | true | false |