



Eat healthy



Wash my hands



Vitamins



Face mask

Instructions: Read and complete the charts.

To prevent diseases such as COVID-19,
There is plenty of actions that you can do.

If you want to **strengthen your immune system**, *eat healthy* and *take vitamins*. If you want to **prevent a contagion** *you can wear a face mask, wash your hands, and keep social distance*.

It's **important to stay calm and relax** and *enjoy your family time*.



Enjoy family time



Keep social distance



Stay calm and relax

If you want to strengthen your immune system you can

1. _____
2. _____

If you want to prevent a contagion you can

1. _____
2. _____
3. _____

It's also important for you to:

1. _____
2. _____

Instructions: Read the dialogue, complete the sentences and match them with the pictures.



Cover when you _____ or _____



Enjoy family time



Wash your hands with _____.



sneeze



cough



Stay home and _____



Soap