

Have you heard of germs? Do you know what a germ is? Germs can cause you to be sick. They're tiny little (1) _____ that exist all around us, and they are invisible, so small you can't even see them. But they're real, and here are a few common nasty ones up close. Scary-looking, I know. These germs have favorite places to hide and live, too. We call these areas germ (2) _____, like kitchen countertops, doorknobs, and even your gaming devices and (3) _____. And they love to live in your bathrooms. If you don't kill these germs, they can spread and get on you and then inside you and make you sick. But here is that good news. You can kill these germs and help (4) _____ by following these 3 simple, clean and healthy germ knock-out rules. Number one: build your (5) _____. A healthy body is a strong body. Always eat lots of veggies and fruit to build your immunity to protect yourself if and when a germ attacks your body. Number two: wash your hands regularly with soap and water. Anytime you (6) _____ a hot spot where germs live, scrub your hands all over, front and back, between fingers, and around nails for as long as it takes to sing happy birthday twice to really knock those germs out. And three, germs love to (7) _____ from one sick person to another, so try to keep your germs to yourself. Cough or sneeze into the crook of your elbow to keep your hands clean and your germs contained. Then wash your hands. Just remember, germs are out there and they can make you sick. Do your best to