

Don't Share Your Germs! A Social Story About Staying Healthy



It's important to share with your friends! We share toys, we share school supplies, and we may even share our snacks sometimes. But, it's important NOT to share germs!



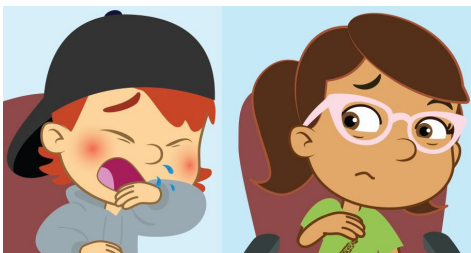
Germs can make our bodies feel bad. We have germs when our noses are runny, when our tummies hurt, when our throats are scratchy, and when we are coughing and sneezing. We don't want to share these germs with our friends!

Luckily, there are lots of things we can do to NOT share germs.



We can wash away the germs on our hands! We should wash our hands after we use the bathroom, before we eat, before we play, and any time our parents and teachers remind us to.

We should also wash our hands after we eat, after we play, and after we come in from being outside. This will help to keep the germs away!



When we feel tickles in our throat and need to cough, we should cover our mouths with our elbows so we don't share germs. If we accidentally cough without covering our mouth, we should wash our hands right away.



If we aren't feeling well, we should wave to our friends and teachers and say "hi!" instead of high-fiving, hugging, or fist-bumping. This will help to make sure we don't share any germs!



And most importantly, if we are feeling bad, we should let our parents know right away. We may need to stay home from school until we feel better. Our friends will miss us but will be so excited to see us again when we come back!

So remember: Sharing toys with our friends is FUN but sharing our germs is NOT!