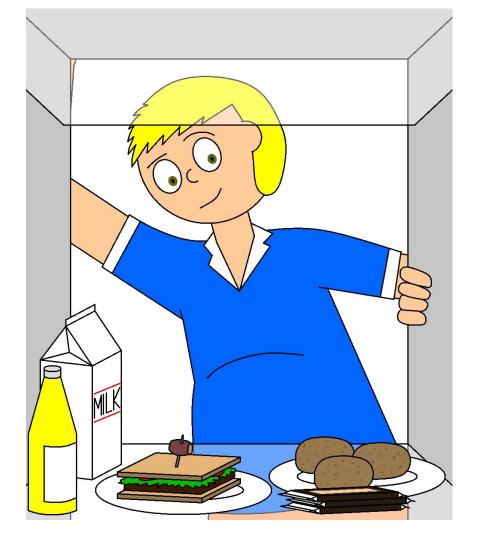




Mark is eight-years-old. He loves to go to school. His favorite part is recess where he plays with all his friends.



At the end of the school day, Mark walks back home. Once, Mark gets home he becomes very hungry and looks inside the refrigerator for food.





Mark forgets to wash his hands after coming back from school.

Even though, Mark cannot see the germs, the germs are still there. Mark is up playing video games, and gets tired. He goes to bed. Before he turns off the light, he yawns and rubs his eyes.

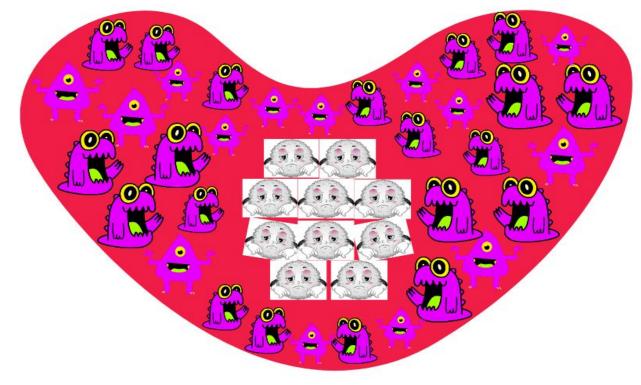


While rubbing his eyes, the germs who were on his hands jump from his hands to his face. They see his eyes,nose, and mouth and get excited that they found places to get in his body and make him sick.



The germs decide to jump through his mouth and then they get absorbed into his bloodstream. While in the bloodstream, the germs find a group of white bugs and decides to invade and kick them out of the body.



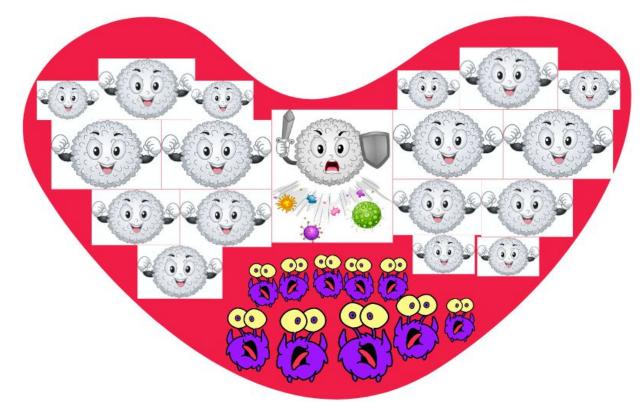


"Let's have fun!"

Without hesitation, the monsters pushed the white bugs out of the body. The white bugs were good bugs that protected the body.



Mark ate the food that his mother carefully prepared, took his medicine, and went to bed early. He started to feel better.



Slowly, the white bugs came back to protect Mark! "Help me!" Said the monsters who didn't know what to do.



The monsters had nowhere to go and ran away. After being kicked out of the body, the monsters made new rules that they would always follow.



The monsters vowed to never ever live in the bodies of children who wash their hands well, wear their masks, and sleep well at night.

References

- "Community and Environment." *Washington State Department of Health*, www.doh.wa.gov/CommunityandEnvironment/Schools/EnvironmentalHe alth/handwashing.
- Teaching Your Kids about COVID-19 | Stony Brook Children's. (2020). <u>https://www.stonybrookchildrens.org/COVID19</u>
- Take Action Action for Healthy Kids. (2019).
 <u>https://www.actionforhealthykids.org/support-healthy-kids</u>