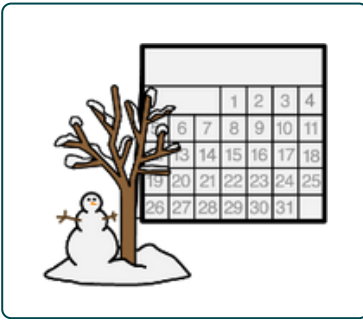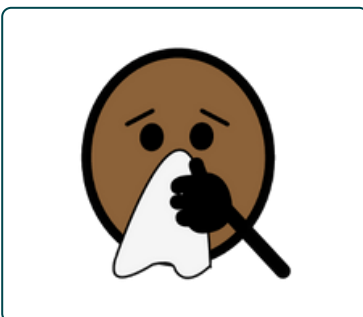# Staying Healthy This Winter

Winter is here, and it's important for me to take care of my body to stay healthy. There are things I can do to protect myself during this season.

In winter, the weather can get very cold. When it's very cold outside, I will dress warmly by wearing a coat, a hat, and gloves. This helps me stay cozy and warm.

Sometimes, people get sick during the winter. I can protect myself and others by washing my hands often with soap and water. I will scrub my hands for at least 20 seconds to get rid of germs. If I can't wash my hands, I can use hand sanitizer. I will rub it on my hands until they are dry.

When I need to cough or sneeze, I will cover my mouth and use a tissue. After I cough or sneeze, I will wash my hands to help stop germs from spreading.

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I will try my best not to touch my face, especially my eyes, nose, and mouth. Germs can enter my body through these parts.

If I feel sick or have a cough, a fever, or a hard time breathing, I will let someone know. It's okay to take a break and rest to feel better.
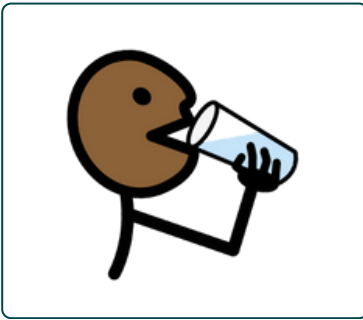
Sometimes, people might wear masks to help stop the spread of germs. I can wear a mask too, especially if I'm around a lot of people.
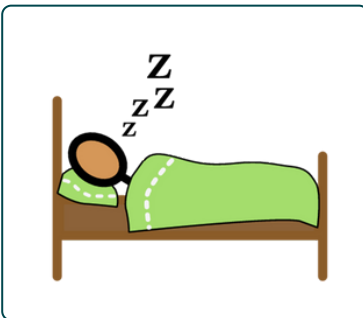
Eating healthy foods is important, especially in winter. Fruits and vegetables give my body the energy it needs to stay strong.
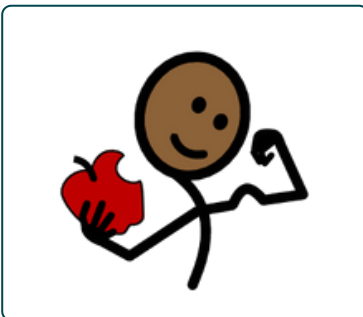
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Drinking water is also important. Water helps my body do its job and stay healthy.

Getting enough sleep is like giving my body an energy boost. It helps me feel good and stay healthy.

By doing these things, I am protecting myself and helping others stay healthy. Taking care of myself helps me have a happy and cozy winter.

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