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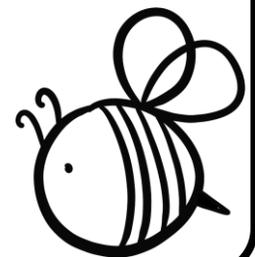
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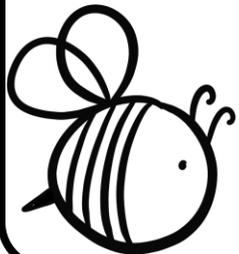
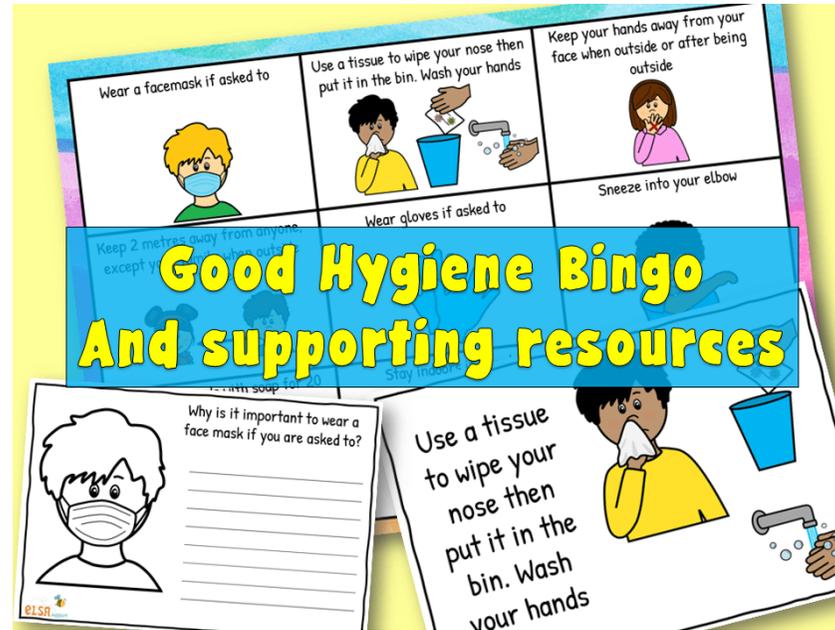




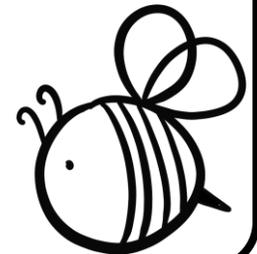
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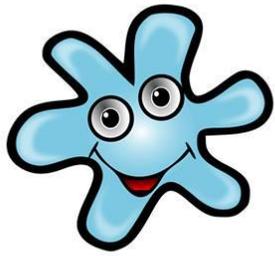


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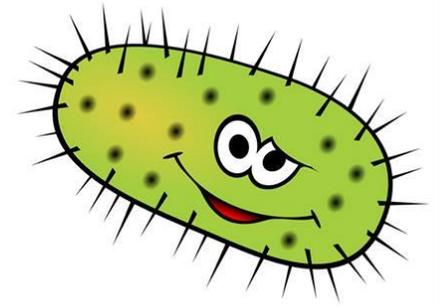


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Germs are ok



Germs are everywhere.

They are on every surface we touch. They are on our body, and inside our body. They are in the air. We can't see germs unless we got the chance to use a microscope. They are so tiny.

The weird thing about germs is that they can actually help us build a super strong immune system. Our immune system is like a big shield that protects us and keeps us safe. We are superheroes!

We don't need to worry about germs. Most germs won't make us sick. They make us strong.

We need to be sensible when keeping ourselves clean and protecting ourselves and others.

We need to wash our hands after going to the toilet, before touching food, after being outside and if they look dirty.



One bath or shower a day is all we need to stay clean.

If we do that we will be strong and healthy.