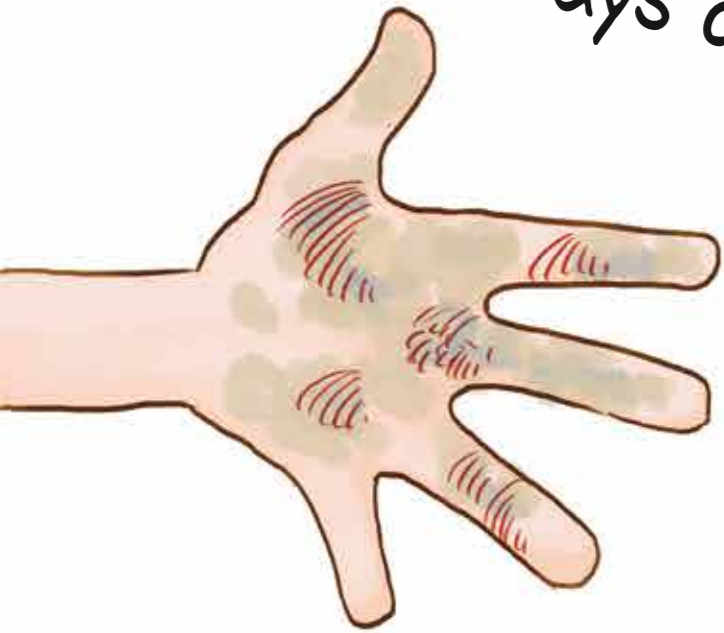
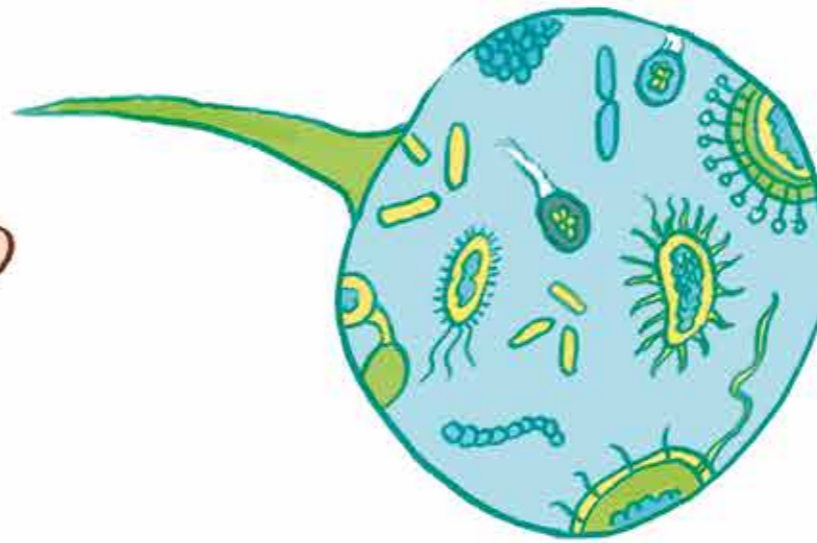


Hands,
always clean



There is a part of your body you should wash a lot: your hands. Especially after going to the bathroom, before eating, when you touch the floor and after coming in from outside. Wash your hands well with soap after all these situations. Do you know why?



Your hands are in constant contact with the outside world: you use them to touch things, to explore, to shake hands and to stroke (like petting a dog...), so they get covered in microbes. If you wash them often, you clean away all these germs.

Turn off
the faucet while
you lather up!



I can't eat that...

When you have an allergy, it means your body reacts to something negatively. This "something" can be loads of different things. Breathing in dust or pollen or petting the fur of animals can cause allergic reactions.



Some people are allergic to certain foods: eggs, shellfish, nuts or milk, for example. There are people who get stomachaches or vomit or just don't feel good when they eat something they are allergic to. And other people can have really strong and dangerous reactions if they even touch the food. So, if you are allergic to some food, you should never eat it and maybe not even touch it.



Be very careful if you have allergies.

Stress is not your friend

Sometimes when you're worried, your body feels bad. Maybe you get a headache or you feel a sort of pain in your stomach. It's like a really unpleasant nervousness. This feeling is called "stress."



When you have a long day ahead, maybe a hard test or an important game, and not much free time, that's when stress appears. It is good to be aware of your body's reaction so you can try to change or fix a hard situation, but stress can be bad when you start to always feel it before exams or doing other tasks. Sleeping well, relaxing and understanding that most things are not that important may all help you overcome stress.

Take it easy!

