**Staying Healthy to Stop the Coronavirus**

During the coronavirus pandemic, it is important for everyone to take good care of their own health so they will stay healthy and they won’t spread the virus to others. I can do my part to keep my self healthy too.

I can wash my hands with soap and water for 20 seconds several times a day. 

I can play sports by myself or with my family.  

I can do yoga or exercise. 

I can get plenty of sleep every night. 

I can eat healthy foods. 

I will try to do my best to stay healthy.

