

## Group A

# Flu

by Terry Cooper

I'm wheezing

I'm sneezing

I'm coughing  
so loud.

I'm sputtering  
I'm muttering  
My head's in  
a cloud.

They say it's a fever,  
They say it's the flu.  
They say it's mysterious.  
I say, "Ah... ah... CHOO!"

[ Words of thanks ]

We show our appreciation and thanks to teachers, parents and/or medical professionals. Thank you for doing everything in your power to protect us and help to prevent COVID-19 and other viruses.

## Group B

# Five Nasty Germs

by Ann Melrose

Five nasty germs were eager to play.  
But then came the water and washed one away.

Four nasty germs tried to have some fun,  
Until the soap came along and one had to run.

Three nasty germs tried to make you sick,  
Along came the scrubbing and one couldn't stick.

Two nasty germs got into a fight,  
The rinse came along and washed one out of sight.

The last nasty germ thought it couldn't be seen,  
Along came a towel and the hand was clean.

[ Words of thanks ]

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## Group C

# Healthy Habits

Healthy habits such as washing your hands often can protect you from getting germs or spreading them at home or school. Actions like covering your mouth and nose with a tissue instead of your hands when coughing or sneezing can stop germs and prevent illnesses. If you don't have a tissue handy, it's best to cough or sneeze into the crook of your elbow.

Every day we come into contact with millions of germs. Some of them can cause food poisoning, colds, flu and several infections, 80% of common infections are caused when touching contaminated surfaces such as sinks, door handles, and many more.

This is why making a habit of washing your hands frequently with soap and water can protect yourself from getting sick.

[ Words of thanks ]

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