

**SENATOR
SIMCHA FELDER**

Germ, Viruses & Staying Healthy

Activity Book



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CHILDREN AND FAMILIES
COMMERCE, ECONOMIC
DEVELOPMENT AND
SMALL BUSINESS
DOMESTIC ANIMAL WELFARE
SOCIAL SERVICES

THE SENATE
STATE OF NEW YORK



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Senator, 17th District

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Dear Friends,

I hope you and your family are doing well.

Understanding and knowing the right things to do can make any challenge less stressful.

Whether you're looking for a way to talk with your child(ren) about how to stay safe or just need some fun activities to keep them happy and occupied, I hope you will find this booklet informative and helpful.

To request additional copies of this or any of our other fun children's activity booklets, please call my office at 718-253-2015.

Stay Home, Stay Safe, Save Lives!

Sincerely,

A handwritten signature in black ink that reads "Simcha".

Simcha Felder
Senator, 17th S.D.

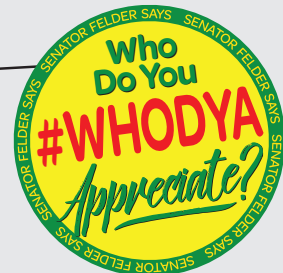


Thank You



Name _____

School _____



Use this page to create your very own Thank You card and share it safely. You can tape it to your garbage pail or mailbox, send it to your local fire station, leave it on the door for your deliveryman or come up with your own creative idea, and then let us know!



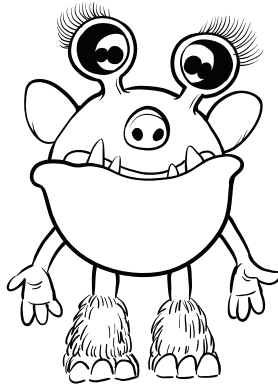
Where Are Germs?

Most germs are spread through the air in sneezes or coughs. Some are passed between people by touch, like shaking hands or sharing a toy, and then touching your face. We can't see them without a microscope, but germs are everywhere.

To help you see all the places germs live, color and cut out these germs and put one on everything you touch.



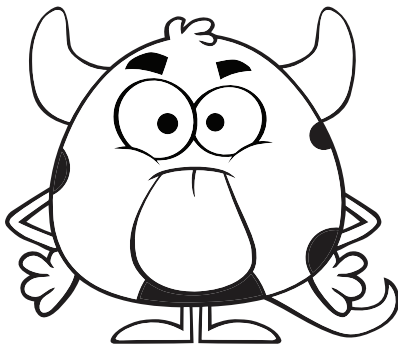
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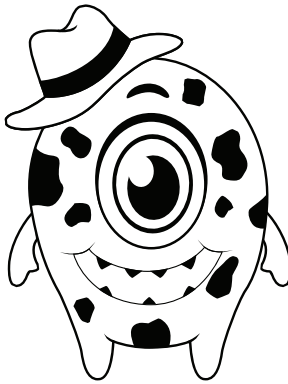
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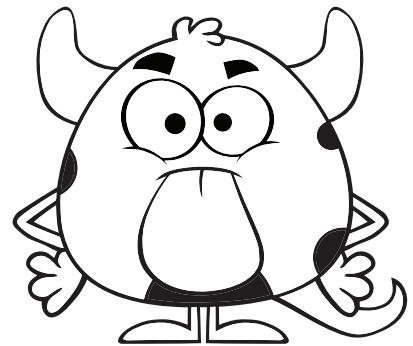
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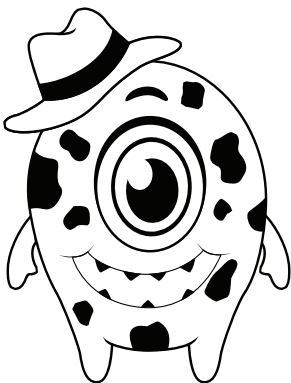
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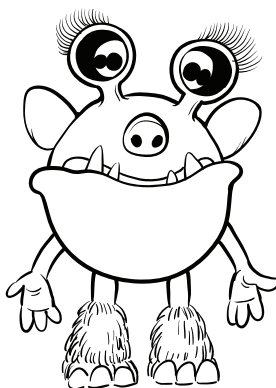
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Name: _____



Name: _____



Name: _____

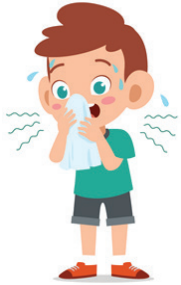


Name: _____



How Can You Stop the Virus?

Circle the good habits. Cross out the bad habits.



Cough/sneeze into my
elbow or tissue



Get lots of sleep



Use a clean towel
to dry my hands



Eat a sandwich before
I wash my hands



Touch my face



Eat healthy food



Wash my hands



Shake hands



Go to the movies when
I have a cold



Stay home when I am sick



Share my drink with a friend

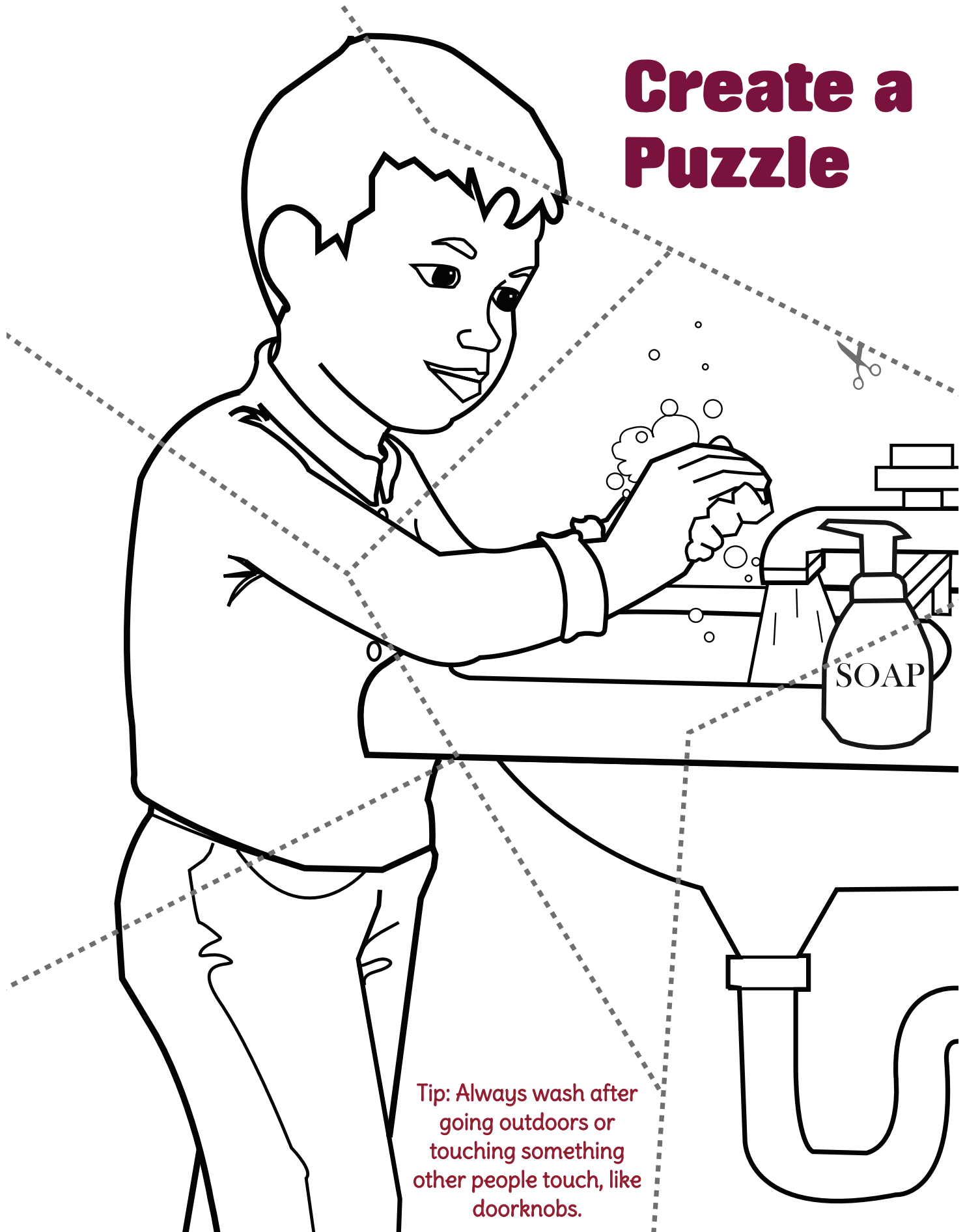
Color Me



Tip: when washing hands, scrub and lather while you sing a song like Happy Birthday. At the end, you've washed long enough.

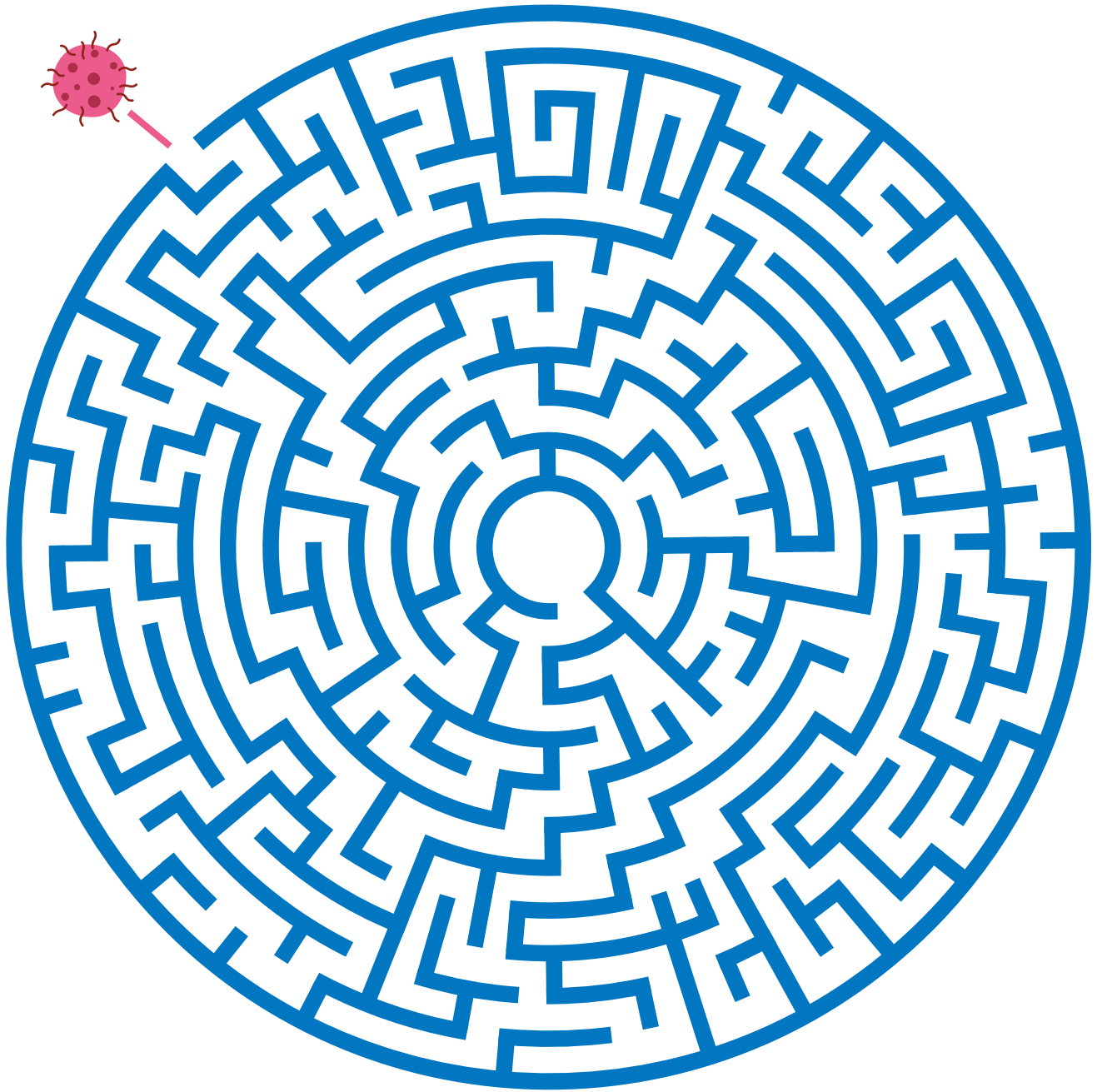


Create a Puzzle



Tip: Always wash after going outdoors or touching something other people touch, like doorknobs.

Wash the Germ Down the Drain



Tip: Practice social distancing to stop the spread of the new coronavirus. Stay in your own home and only go out when necessary to keep safe from catching and spreading germs.



Hand Washing Word Search

Find and circle the eight words in the puzzle below.

hygiene
warm water
wash hands
disease

soap
germs
health
scrub



w	o	g	q	s	w	w	n	d	l	e	b
a	s	d	I	a	l	a	m	w	t	n	m
s	g	o	y	g	e	r	m	s	h	e	n
h	r	m	a	h	w	m	j	t	e	i	h
h	u	x	k	b	s	w	d	o	a	g	e
a	y	d	i	s	e	a	s	e	g	y	a
n	a	t	e	c	e	t	y	d	s	h	l
d	m	s	h	r	a	e	b	o	h	q	t
s	l	i	q	u	i	r	o	d	m	g	h
d	i	g	b	b	a	l	p	a	o	s	w



Tip: Wear a face covering in public places where social distancing is difficult, like grocery stores and pharmacies. Do not use a covering on children under age 2 or anyone who cannot remove the mask without help.

Hand Washing Word Scramble

Unscramble the words below. See if you can do this handout without using the hints.

Hint:

Answer:

- | | | |
|------------------|--|-------|
| 1. mgser | These are what make you sick. | _____ |
| 2. svuri | This is one type of germ. | _____ |
| 3. dsnha | What you should always wash. | _____ |
| 4. gnnirun trwae | What you wash your hands with. | _____ |
| 5. diquli sapo | Helps to get rid of germs. | _____ |
| 6. seaidse | What germs can cause. | _____ |
| 7. cibaeatr | This is another type of germ. | _____ |
| 8. lehahyt | Washing your hands can keep you _____! | |



Good Habits



Cover coughs & sneezes with your elbow



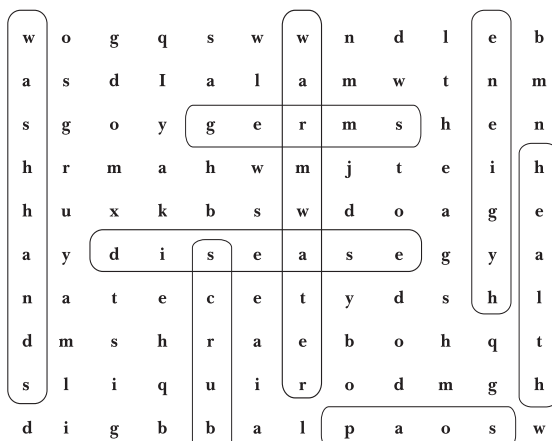
Use clean tissues on your face & throw them away



Wash hands often & for at least 20 seconds

Answer Key

Word Search



Hand Washing Word Scramble

1. mgser These are what make you sick. germs
2. svuri This is one type of germ. virus
3. dsuha What you should always wash. hands
4. gnnirun trwae What you wash your hands with. running water
5. diquili sapo Helps to get rid of germs. liquid soap
6. seaidse What germs can cause. disease
7. cibaeatr This is another type of germ. bacteria
8. lehahyt Washing your hands can keep you healthy!



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Coronavirus Resources

**NYS Department of Health
Coronavirus Hotline:**
888-364-3065

**NYS COVID-19
Emotional Support Line:**
844-863-9314

Unemployment Benefits:
Apply Online at www.labor.ny.gov
or Phone: 888-209-8124

NYS Family Leave:
[https://paidfamilyleave.ny.gov/
if-you-are-quarantined-yourself](https://paidfamilyleave.ny.gov/if-you-are-quarantined-yourself)

**NYC Property Tax and
Interest Deferral (PT AID):**
<https://www1.nyc.gov/site/finance/taxes/pt-aid.page>

Federal Disaster Loan Assistance:
Provides low-interest loans to businesses of all sizes and private non-profit organizations:
<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

NYC Small Businesses Relief:
<https://www1.nyc.gov/nycbusiness/article/nyc-employee-retention-grant-program>

**US Department of Labor - COVID-19 issues
facing employees and employers:**
<https://www.dol.gov/agencies/whd/pandemic>

**For updated information
on health and resources:**
Federal <https://www.coronavirus.gov/>
NY State <https://coronavirus.health.ny.gov/home>
NYC <https://www1.nyc.gov/site/doh/covid/covid-19-main.page>

To join our E-mail list and receive important updates and helpful resources as they become available Email Felder@NYSenate.gov or logon to www.NYSenate.gov/find_yoursenator