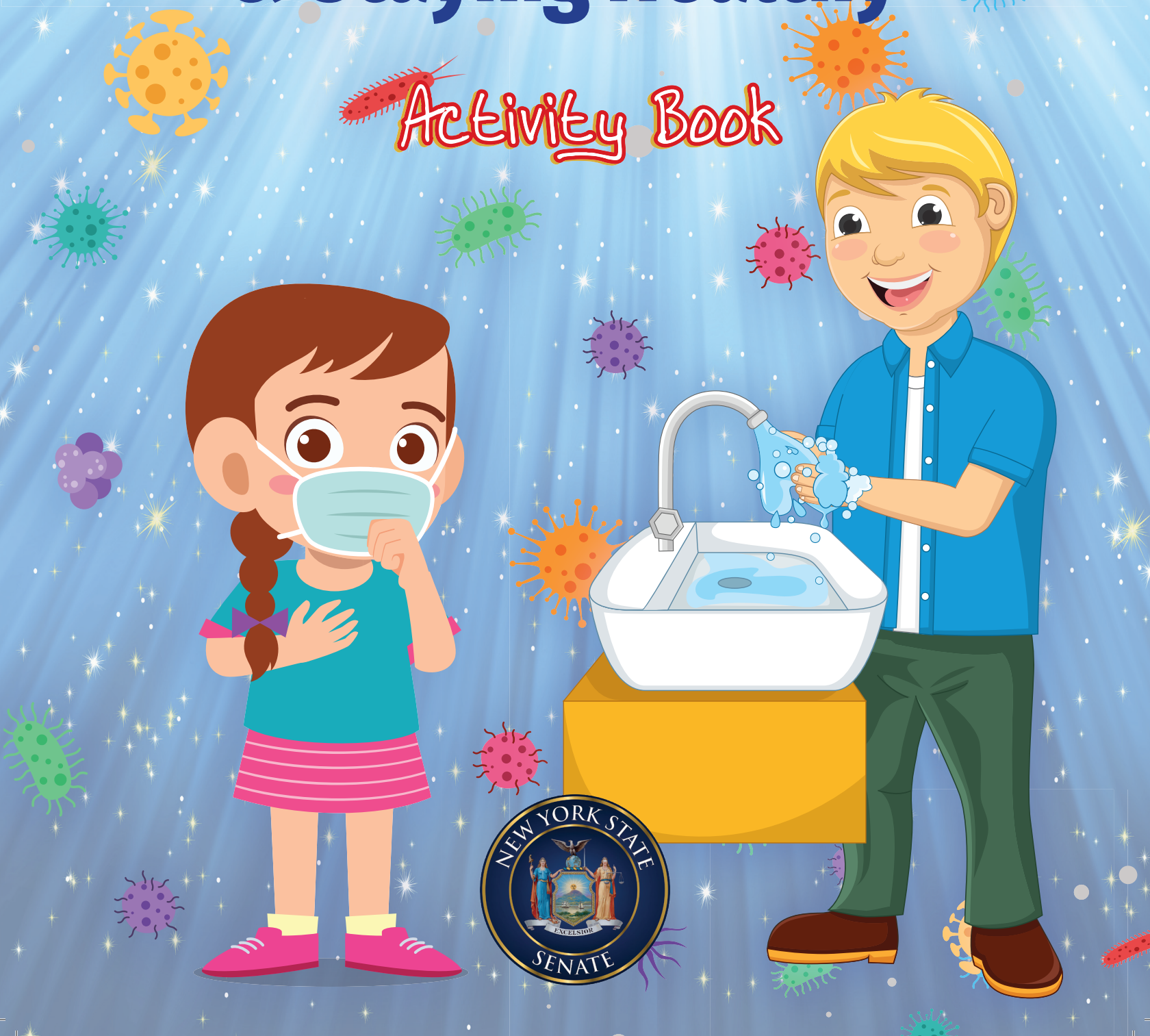


**SENATOR
ANDREW J. LANZA**

Germ, Viruses & Staying Healthy

Activity Book



Dear Friends,

You and your family have been in my thoughts throughout this pandemic. I hope you are staying safe and well during this challenging time. In the face of uncertainty, our community has fostered a stronger relationship that helped to bring us closer together.

Enclosed in this booklet you will find numerous activities to help you and your child(ren) navigate the Coronavirus Pandemic.

Cherish this time with your family, as family is an important bond that provides continuous love and support and continue to take care of yourselves.

Stay well, wash your hands, wear a mask, and practice social distancing.

Sincerely,



Andrew J. Lanza
State Senator, 24th Senate District



Fill in the Blanks:

Have you heard about COVID-19?

It is all over the _____, and you can't stop _____ about it unless you turn off
(place) (verb ending in "ing")
the _____. All across New York State, _____ are closed, so kids have to play
(noun) (plural noun)
_____ by themselves or with their brothers and sisters. Nobody can go out to _____,
(noun) (verb)
or to the _____, so kids and adults are getting _____.
(place) (adjective)

We all hope that things go back to normal in _____. Until then, we all have to get used to
(length of time)
_____ and _____ with our family and clearing our heads by
(verb ending in "ing") (verb ending in "ing")
_____.
(verb ending in "ing")

And one more thing...don't forget to wash your _____ for _____ seconds!
(body part) (number)





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!

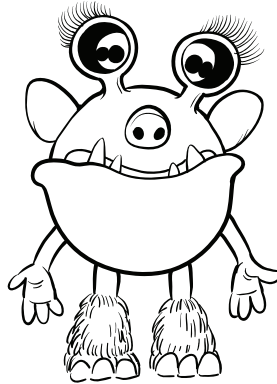
Where Are Germs?

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.



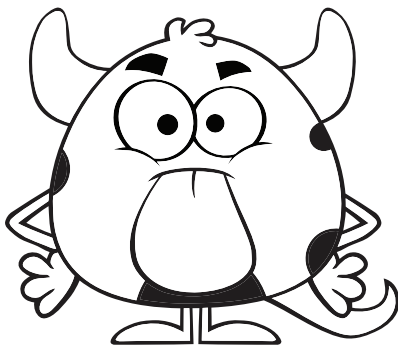
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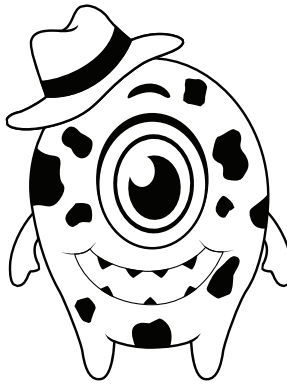
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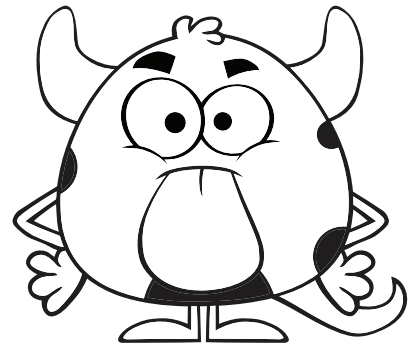
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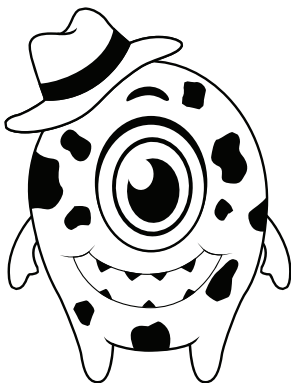
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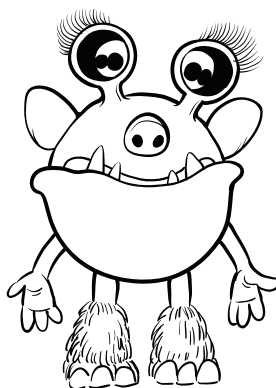
Name: _____



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



Wear a mask

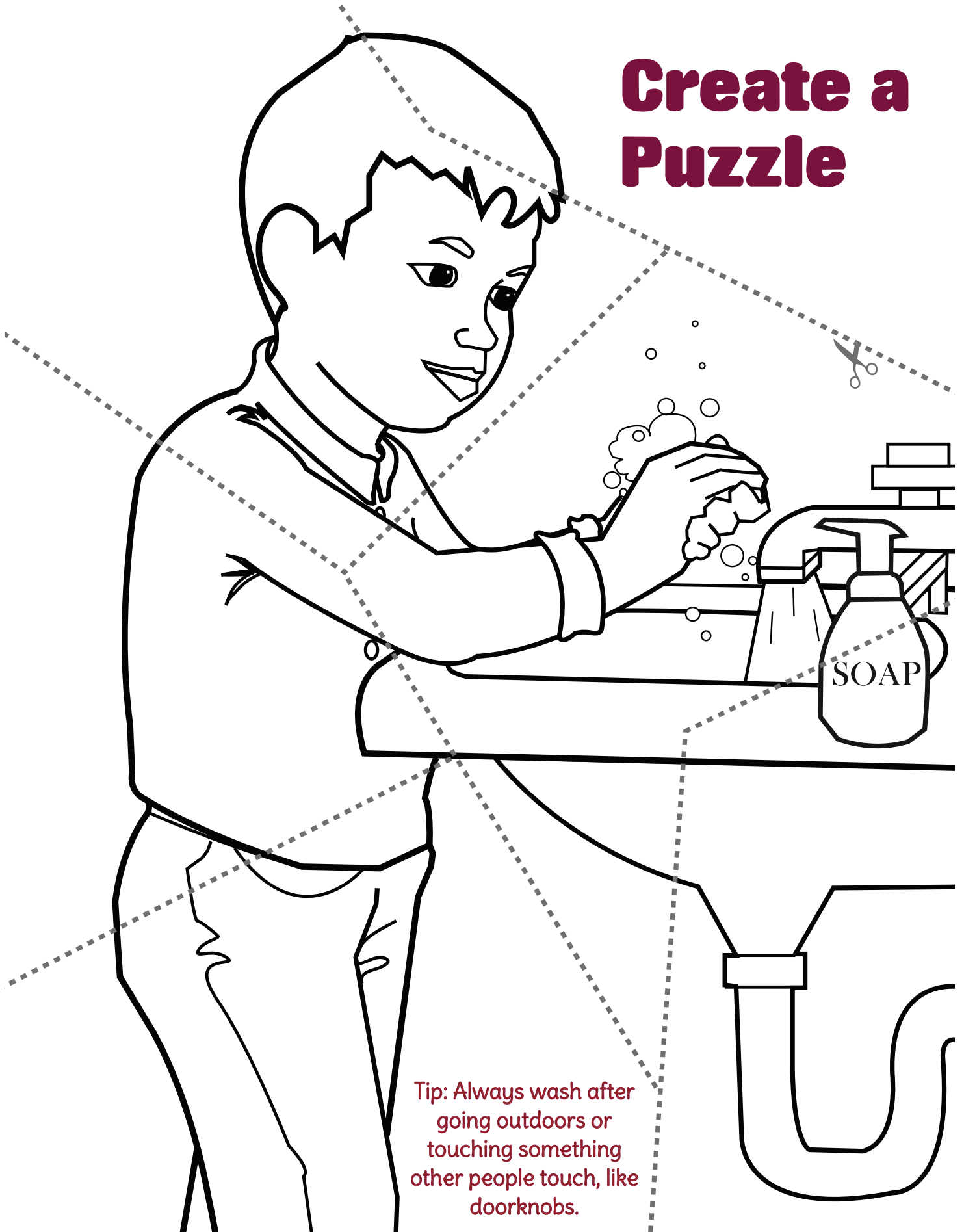
Color Me



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

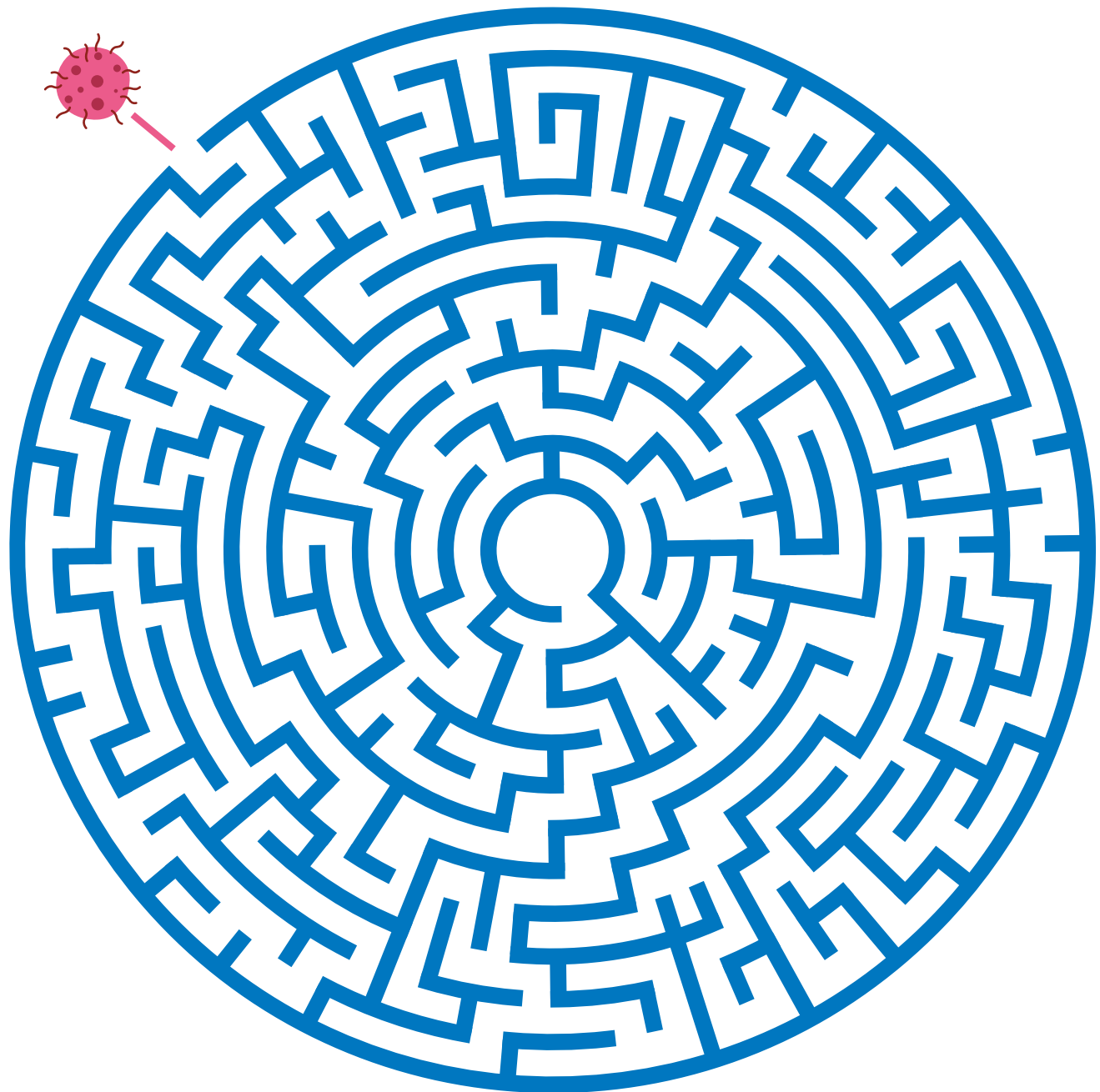


Create a Puzzle



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 _____! | |



Photo Hunt Game!

Find and circle 5 differences in the photos of this family practicing smart COVID-19 habits.



Good Habits



**Cover coughs &
sneezes with
your elbow**



**Use clean tissues on
your face & throw
them away**



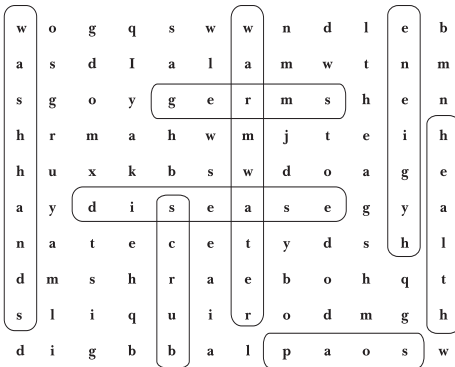
**Wash hands often
& for at least 20
seconds**

Answer Key

Word Search

Word Scramble

Photo Hunt



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. diquli 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!



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](https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources)

NYC Small Business Relief:
[https://www1.nyc.gov/nycbusiness/article/nyc-employee-
retention-grant-program](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>



**Compliments of
Senator Andrew J. Lanza
24th Senate District**

ALBANY OFFICE:
606 Legislative Office Bldg.
Albany, NY 12247
(518) 455-3215

DISTRICT OFFICE:
3845 Richmond Ave., Ste. 2A
Staten Island, NY 10312
(718) 984-4073

E-MAIL: lanza@nysenate.gov • WEBSITE: lanza.nysenate.gov

[f](#) SenatorLanza [t](#) @SenatorLanza

