

# caring for each other



# Staying Healthy with Elmo, Raya and Tala

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**Raya and Elmo are friends who love to learn and play.**

**Some of Raya and Elmo's friends have gotten sick with the coronavirus germ.**

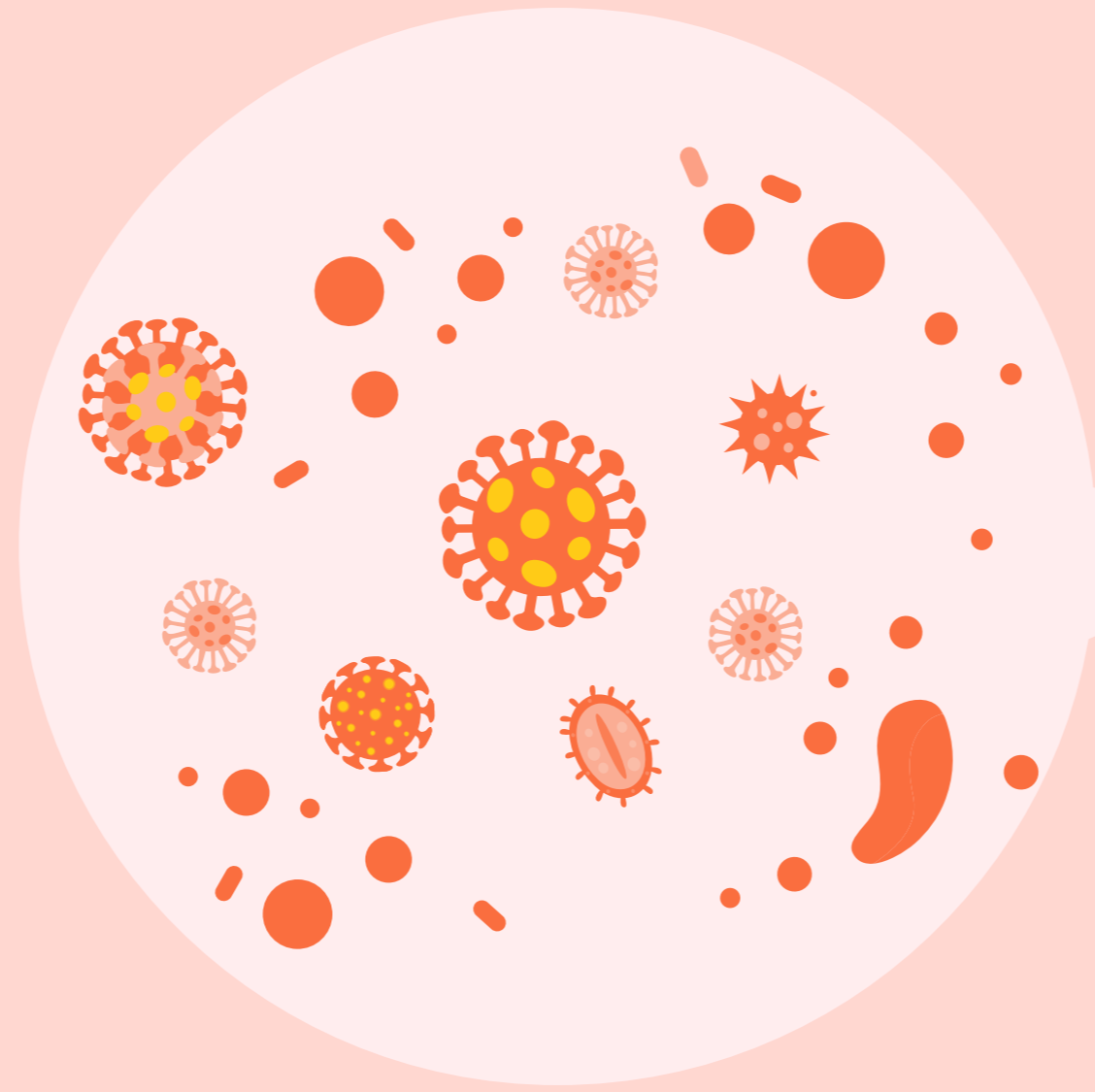
**Coronavirus causes a sickness that can make your body hurt and give you a fever or cough.**



“We want our friends to stay healthy,” Raya says  
“That’s why we work together to fight germs!”

“Um, Raya?” Elmo asks.  
“What are germs?”  
“How do germs look like?”

“Germs are teeny, tiny things that can make us sick”  
Raya says. “Coronavirus is caused by a germ  
called a virus. If we can stop coronavirus germs from  
getting into our bodies, we won’t get sick.”



“Germs are very, very small,” Raya says.  
“So small we can’t even see them with our eyes.”



Raya and Elmo see their friend Tala. Today is windy and dusty. The dust makes Tala sneeze.

“AH-CHOO!”


Tala says. She puts her nose and mouth in her elbow.

“Wow, Tala, great job covering your sneeze!”  
Raya says.

“Thanks!” Tala says.

“Why is it important for Elmo to cover his sneeze?”





“Teeny, tiny coronavirus germs could be living inside our bodies,” Raya says. “When we cough or sneeze, these germs could spread to others.”

“If they spread to others, then Elmo’s friends could get sick,” Elmo says.

“Right! That’s why when we cough or sneeze, we cover our nose and mouth, like this,” Tala says. She puts her nose and mouth in her elbow. “We also turn our head away from our friends, or take a step away from them. That keeps the germs from spreading and making our friends sick.”

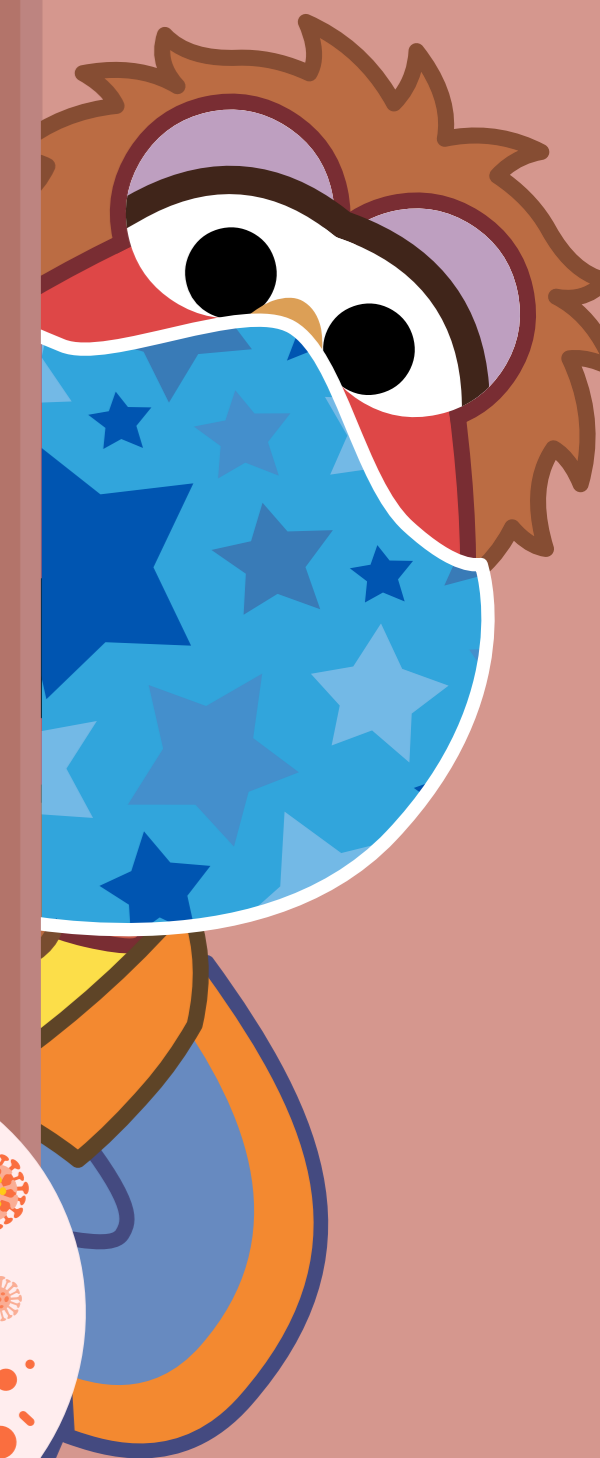
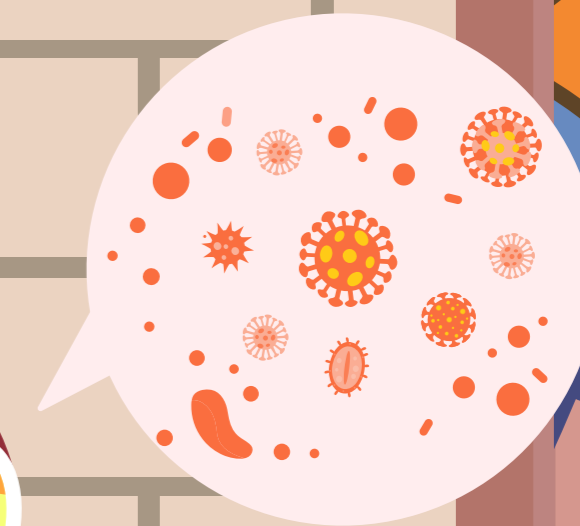
“What if Elmo forgets  
what to do when he  
coughs or sneezes?”  
Elmo asks.

“You can sing a song to  
remind yourself!”  
Raya says.

She and Tala begin to sing:  
(to the tune of ‘Are You Sleeping’)  
When you sneeze or when you cough,  
Bend your elbow, bend your elbow,  
Cover up your nose, cover up your mouth  
Keep your mask on! Let’s fight germs!

All the dust makes Elmo's nose run and throat itch. He sneezes and coughs into his mask.

"Elmo, you sneezed and coughed into your mask. There might be germs on it. It needs to be cleaned."



"So washing masks is another way to fight germs?"  
Elmo asks.

"Yes!" Raya and Tala say.





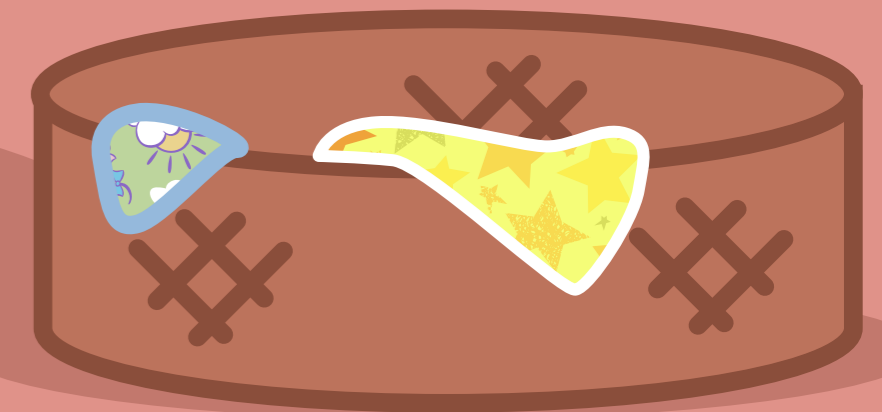
Elmo's father is at home.

"Daddy, Elmo sneezed and coughed into this mask, and Elmo's nose was very runny"  
Elmo says.  
"Raya says we need to wash it."

"That's right," Elmo's father says.  
"I can wash your mask and handkerchief for you."

"Thank you, Daddy"  
Elmo says.

"Of course," Elmo's father says.  
"It's my job to take care of you and your friends. You are all very special to me. I will always help you stay healthy."

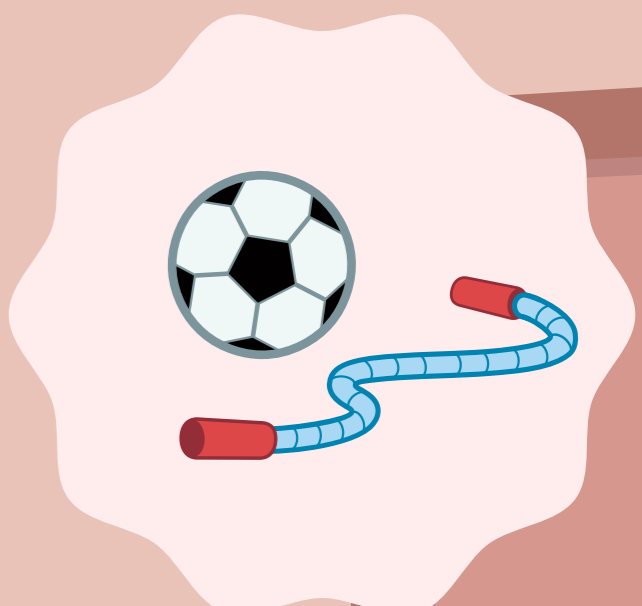


“Elmo, since I sneezed and you blew your nose, we should wash our hands with soap and running water,” Tala says. “And also after we use the latrine, and after we play outside.”

“I’m about to eat dinner, so I’m going to wash my hands too,” Raya says. “We should always wash our hands before we eat and when we return inside.”.

“Why?” Elmo asks.

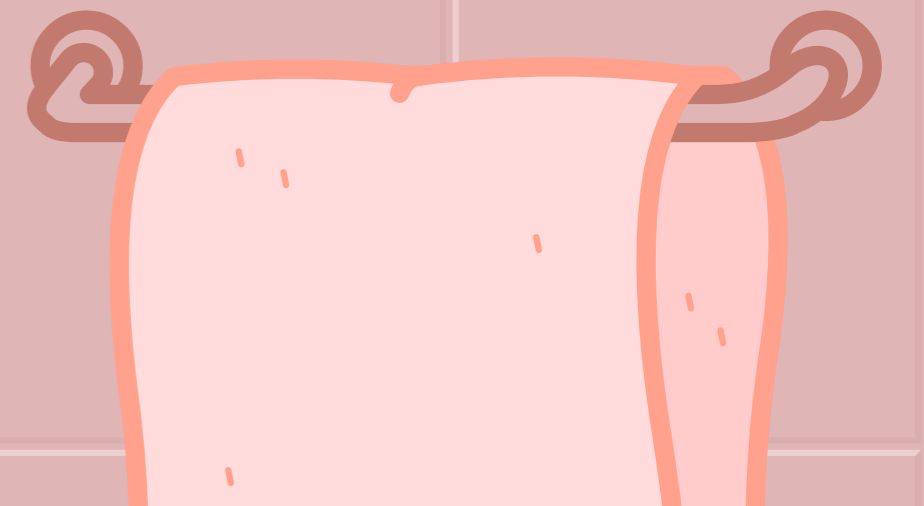
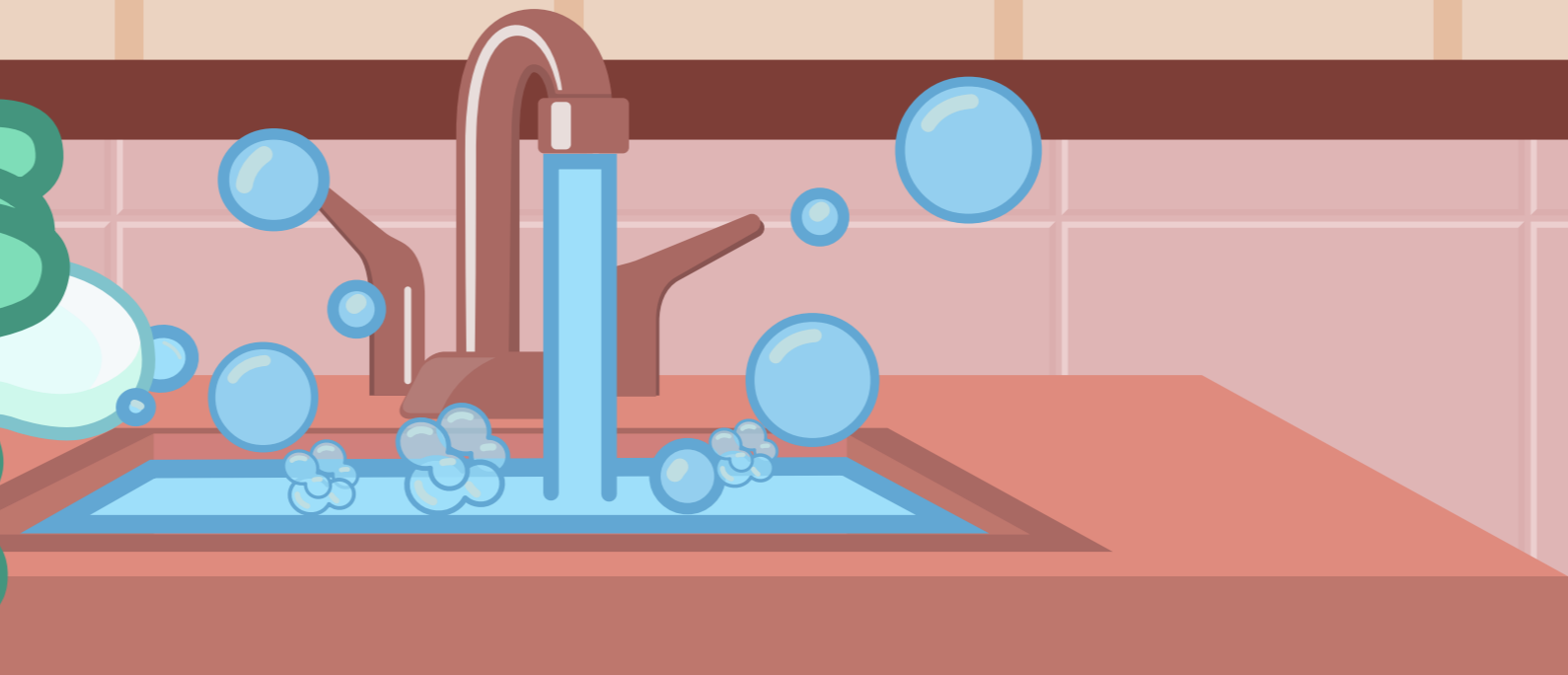
“Because washing hands fights germs!” Raya says.



Raya says, "When we wash our hands, we need to use soap and water. We need to wash and scrub them well for twenty seconds."

"But Elmo can't count to twenty yet," Elmo says. "How does Elmo know how long to wash Elmo's hands?"

"I sing a song to help me!" Tala says. "I'll teach it to you."



Tala teaches Elmo and Raya her Healthy Hands Song. Together, the friends sing.



(To the tune of Row, Row,  
Row Your Boat)  
Wash, wash, wash your  
hands  
Like the Healthy Team  
Scrub the tops  
Scrub the palms

And fingers in between  
Wash, wash, wash  
your hands,  
Wash the healthy way



Scrub the nails  
Scrub the wrists  
Wash the soap away!

Tala, Raya, and Elmo's hands are clean! All the germs are gone.

"Make sure to close the tap tightly,"  
Raya says.

"I loved fighting germs with you today,"  
Tala says. "I love staying healthy."

"We love staying healthy too!"  
Raya says.

"The only thing better  
than staying healthy," Elmo says,  
"is staying healthy with friends!"



How do you know how long to wash your hands?  
**EASY!**

Wash them for as long as it takes to sing the  
Healthy Hands Song!



Wash, wash, wash your hands  
Like the Healthy Team

Scrub the tops, scrub the palms  
And fingers in between.

Wash, wash, wash your hands,  
wash the healthy way

Scrub the nails, scrub the wrists.  
Wash the soap away!



## After-Reading Questions

- What are germs?
- △ Why is it important to wash our hands?
- ✕ What else can we do to stop germs from spreading?
- ≡ What can we do at home to stop germs from spreading?

