

# Most germs are ok!

Germs are everywhere! Everywhere we go, in the air, on any surface that we touch, there are germs everywhere. We can't get away from them.



Even though we are touching germs all the time, we don't need to worry. Germs are good for our body and they will not hurt us, they actually help us.



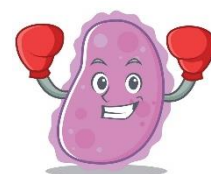
This is how germs help our bodies: our bodies have a special shield called our immune system. Germs are good for our immune system and being around lots of germs makes our immune system get stronger. The stronger our immune system gets, the better our body is at staying strong and healthy.



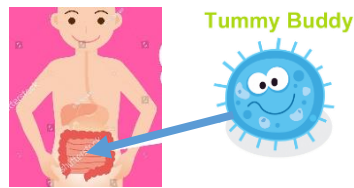
When we play in the garden, the grass, soil and mud have germs in them that help our immunity get stronger. Even if we get dirt on our clothes, we don't have to worry about the germs.



When we play with our pets, they have germs on them that help our immunity get stronger.



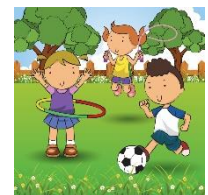
We have got germs that live inside our bodies that help us to digest our food, so that our bodies can get lots of energy to run around and play.



Most of the time, we don't need to worry about germs but at the moment, there is one germ called Covid-19 or Coronavirus. This germ can make some people get sick but most people will not get really poorly from it. This germ is not in the garden or in our food or on our pets. This germ is only inside people who have already got sick with it. When they get sick, they stay in their houses or go to hospital. That way, they will not spread the germ to other people.



To stay extra safe from Covid-19, schools and shops have closed to stop lots of people being together. Everyone is staying at home. That way they will not meet anybody who is sick and then they won't catch the germ because it is not in our houses. Everyone is staying at home with their families and doing their school work and also getting lots of time to relax and play in the garden. This is just for now so people can stay safe and will not last forever.



We are very lucky to have all this extra time to play outside in the sunshine and spend more time with our families.



Even though most germs are good for us, I still need to wash my hands.

1. After I have been to use the toilet
2. Before I eat my food
3. After I sneeze, cough or blow my nose
4. When I can see that they are dirty. Even though the dirt won't hurt me, I can just wash it away next time I come in from playing in the garden.

