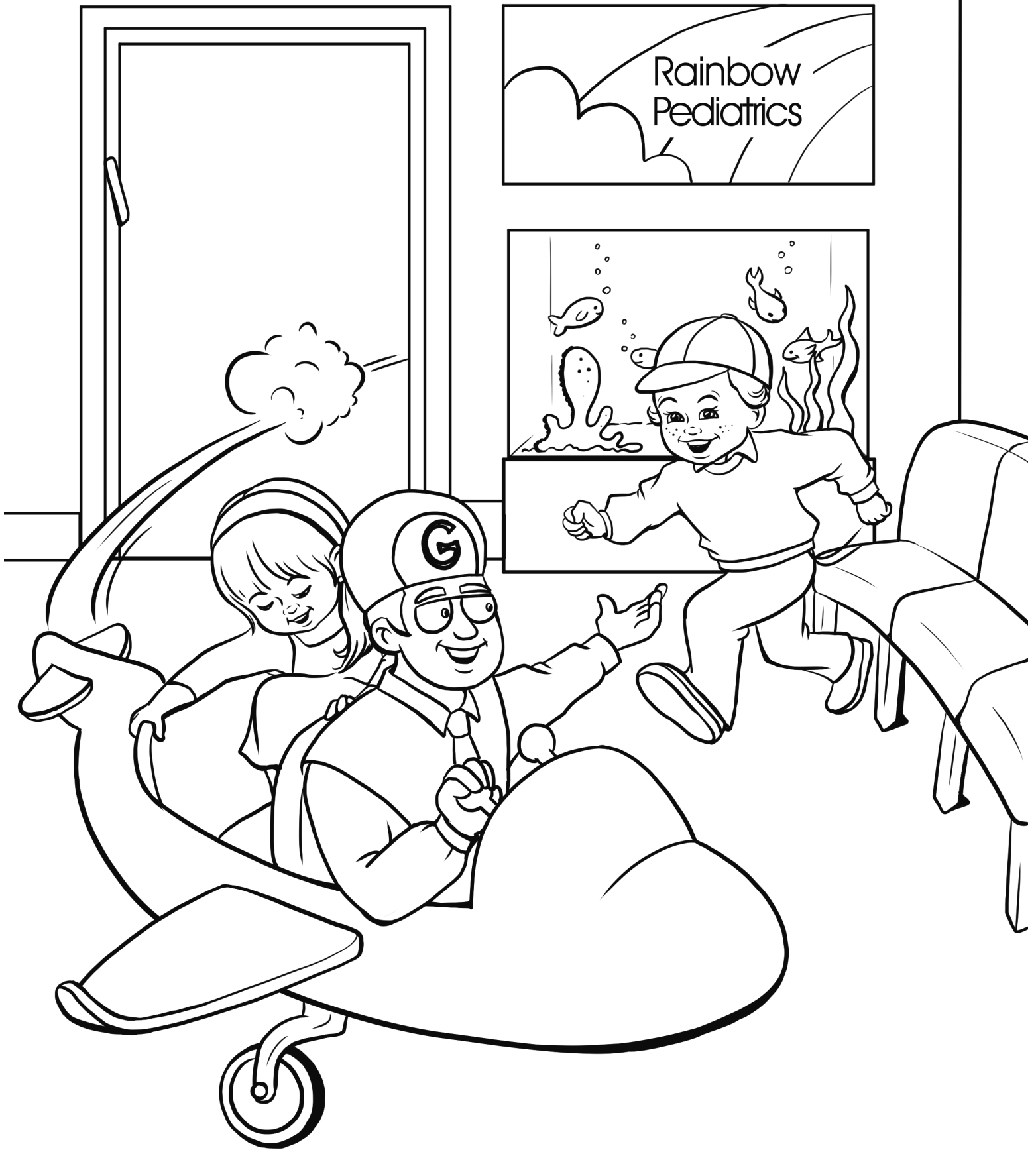


Shimmy and Shaindel

learn how to stay healthy





Shimmy and Shaindel are sitting at the doctor's office. They are a little bit scared. Suddenly Mr. Gezint, the health hero, shows up and offers to take them on a ride in his airplane!



Once upon a time, people did not know about germs. People would not cover their mouth when they sneezed and did not wash their hands with soap and water before eating. But germs can make people really sick.



Baruch Hashem scientists learned about germs and how to keep people from getting sick. They also discovered how to keep people healthy with vaccines.



“Is that me when I was little?” Shimmy asked Mr. Gezint.

“Yes, Shimmy. Do you remember when you got really sick with the flu and had to miss a week of cheder?”

“Yes, Mr. Gezint. I felt really sick and was so sad not to see my friends for a few days!”



Shimmy and Shaindel are not afraid anymore. They know that the doctor will help them stay healthy. The shot only hurts for a second!



ברוך אתה...
אשר יצר
.....
.....
.....

Shaindel is careful to wash her hands with soap and water after using the bathroom and before eating. She knows that it is important to stay healthy.



Germs are everywhere, but if we wash our hands with soap and listen to the doctor, we can stay healthy Im Yirtzeh Hashem!

"I am happy to do the Mitzva of **ונשמרתם מאד לנפשתיכם**!"*

* Devarim 4:15

Let's stay healthy! Find the words in the puzzle.

germs
 soap
 cough
 doctor
 nurse
 vaccine
 immunize
 virus

d	o	c	t	o	r	q	o	d	
p	i	m	m	u	n	i	z	e	
v	r	g	z	j	v	k	z	e	
i	t	e	f	q	s	o	a	p	
r	a	r	l	t	g	n	f	m	
u	o	m	i	c	o	u	g	h	
s	c	s	g	s	v	r	s	k	
c	h	u	v	i	m	s	s	n	
v	a	c	c	i	n	e	b	a	

Can you help Shimmy arrive to cheder safe and healthy?



Project by :



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ads2color@gmail.com