Tender Heart High School Sertox: 33B, Chandigarch Date: 20.01.2025 Class: 5th Subject: General Knowledge Teacher: Pooja Morewal Chapter: 69,70 Reweite and Protect Yourself. Good Morning / Afternoon Audents! Today we will learn the new pics those are culated with some Devices and learn that how we photect ourself to get affected ele. So lets start the today topic

69 IS SOMETHING WRONG?



(84) -1- CK-5

PROTECT YOURSELF

Viruses are all around us. Everyday we breathe in numerous viruses. Most of them are harmless, but few are deadly and fatal such as rhinovirus, SARS, Ebola, flue, corona etc.

Viruses aren't actually alive. They move as you move. But with the little regular efforts, you can avoid falling ill. Below are the Dos and Don't for this.

Do's	Don'ts
Eat healthy	Avoid fatly food junk food and strect food.
Use Face mask	Change your mask everyday. Don't use single mask regularly.
Keep proper distance	Hugging and touching each other
Avoid close contact with sick people	Touching them using their belongings.
Use san <mark>itizer always</mark> .	Overuse of it Avoid using an greasy and dirty hands.
Wash your hands before and	Non-effective soap
After meal atleast for 3 minutes.	Used soap bars.



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