



# Drug Free Kids

For girls and boys aged 6 to 12



## What is Covid-19? Keeping Safe!



**COVID-19** is a sickness, something like a cold or the flu, caused by a new virus or germ. This tiny virus can make us sick if it enters our bodies. The virus cells are so small that you cannot see them with your eyes as the virus is 10,000 times smaller than a grain of salt. That's microscopic!

The virus passes from person to person through tiny droplets of moisture which spread into the air when people cough or sneeze, and are then breathed in by others around them. The droplets might land on surfaces, like phones, door handles, tables and our hands. If we shake someone's hand or touch these surfaces and then touch our eyes, mouth or nose, the virus can get inside us. It can then infect our breathing system - nose, throat and lungs.



The first thing we can do to help to protect ourselves is to have clean habits. You will find some on Page 2. The six pictures below show the ANSWER to help your body stay healthy. If our immune system is strong, it will protect us from sicknesses. Avoiding alcohol, tobacco and other drugs will also keep us healthy.



<b>A</b>																								
<b>N</b>																								
<b>S</b>																								
<b>W</b>																								
<b>E</b>																								
<b>R</b>																								

We need to breathe this in deeply every day

6 - 8 glasses a day

At least 8 hours at night

Hint: N..... is a word meaning a healthy, balanced food intake



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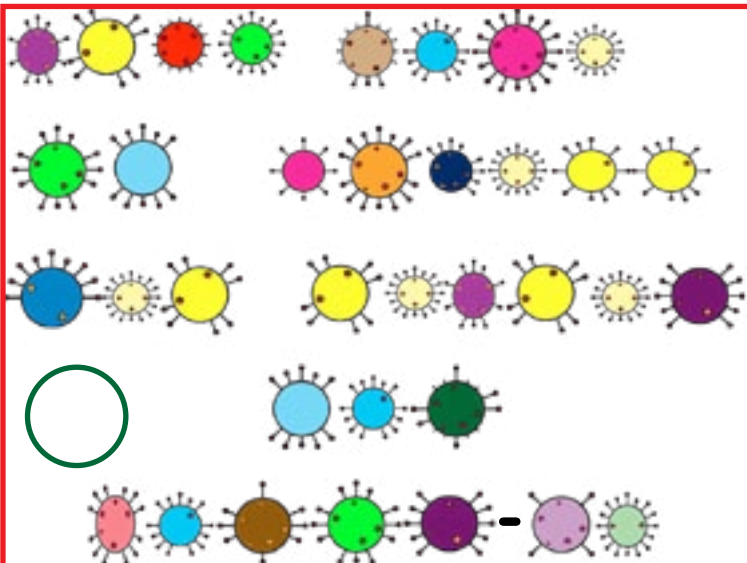
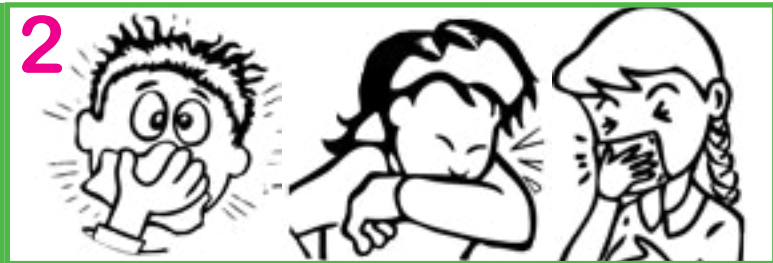
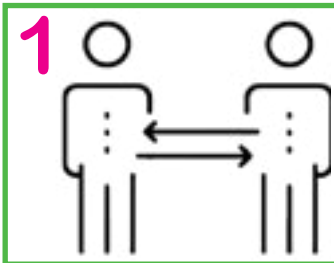


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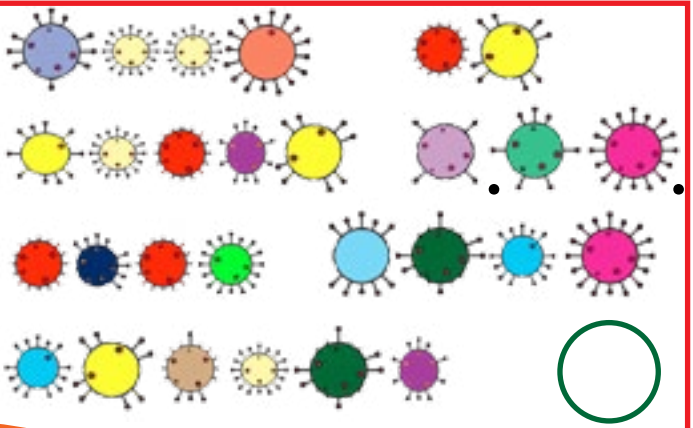
webmaster@dfk.com.au

Website:

http://www.dfk.com.au

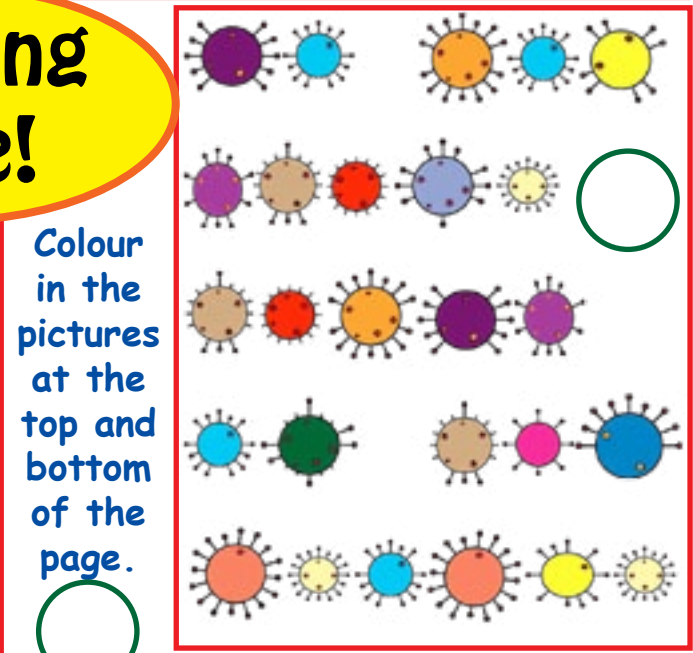
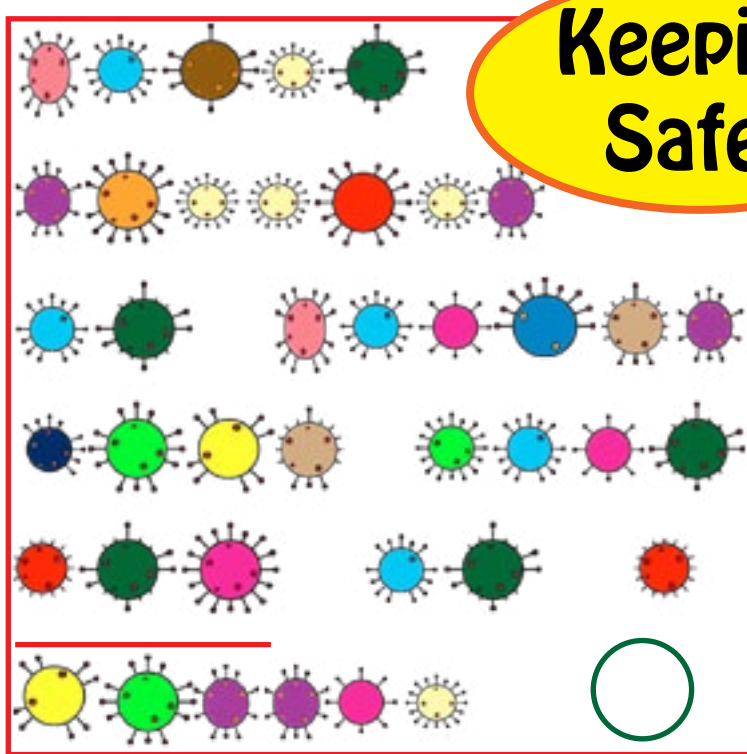


**Wash** your hands well with **soap** or **sanitise often**, especially after coughing or sneezing, being in public places, going to the **toilet** or before **eating**.



Wipe surfaces regularly with **disinfectant** spray or **wipes**.

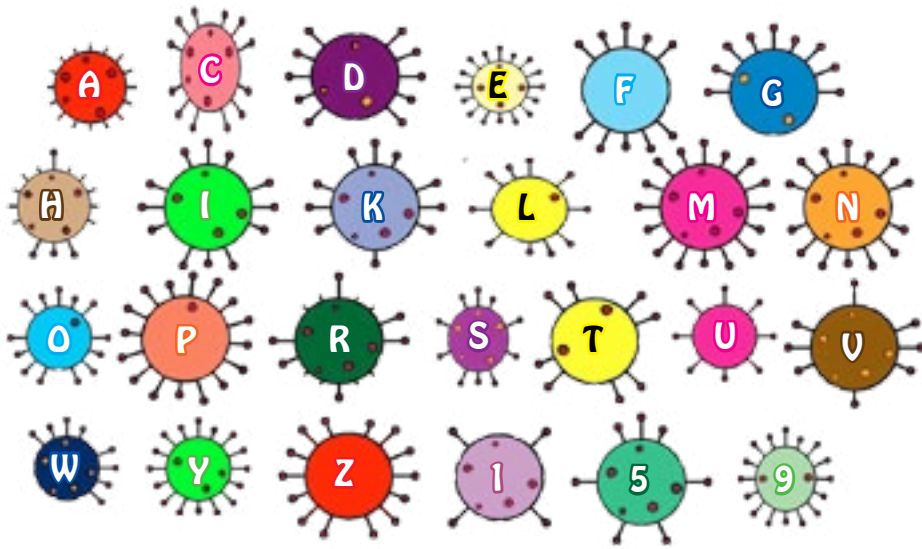
# Keeping Safe!



Colour in the pictures at the top and bottom of the page.



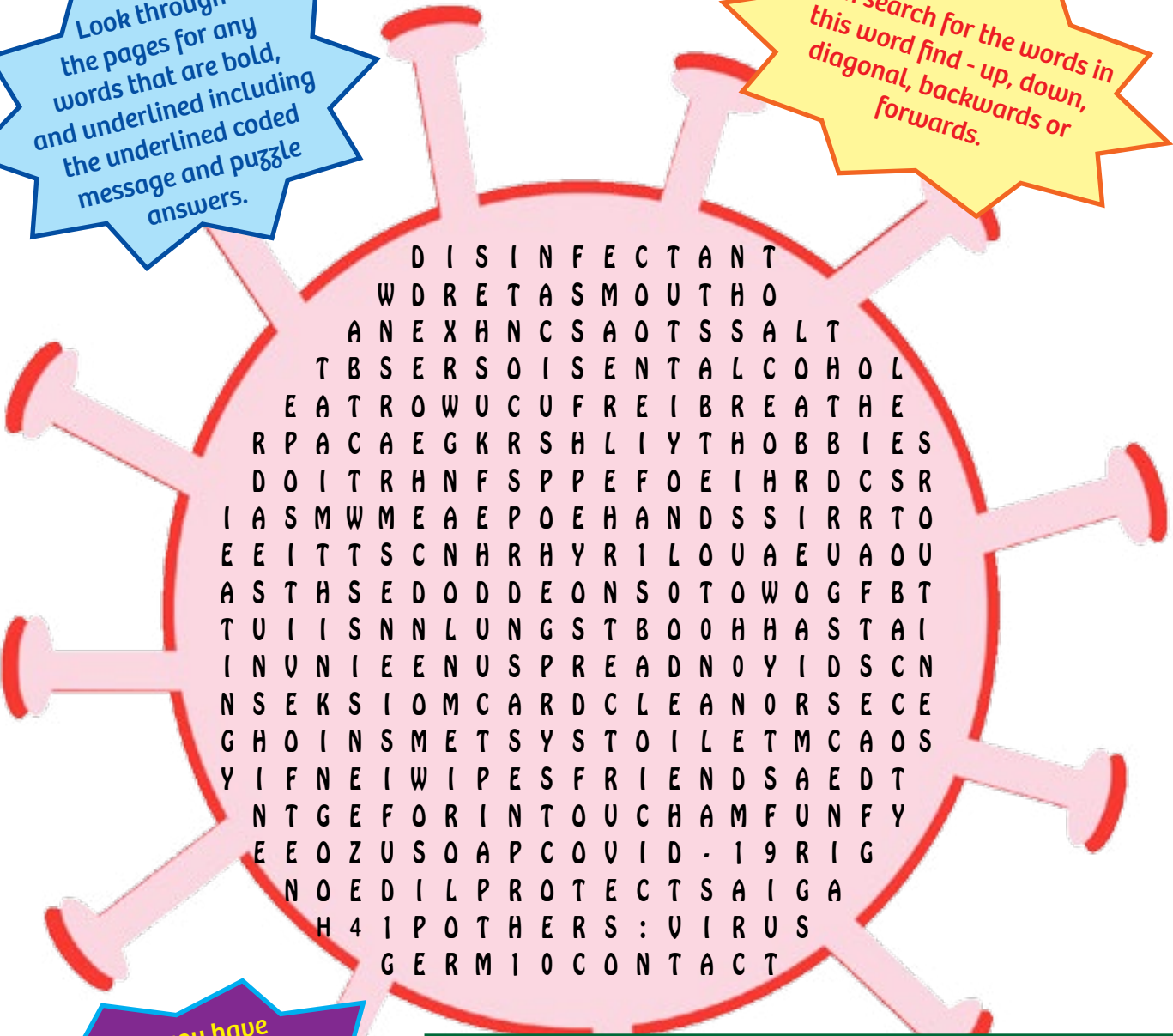
Avoid touching your **face** with your hands.



What can we do to keep safe? Use the code on the left to work out the coded messages for the pictures on Page 2 to find some good hygiene rules to help keep ourselves well. Match the number of the picture to the correct rule by writing the number in the circle on the rule.

Look through the pages for any words that are bold, and underlined including the underlined coded message and puzzle answers.

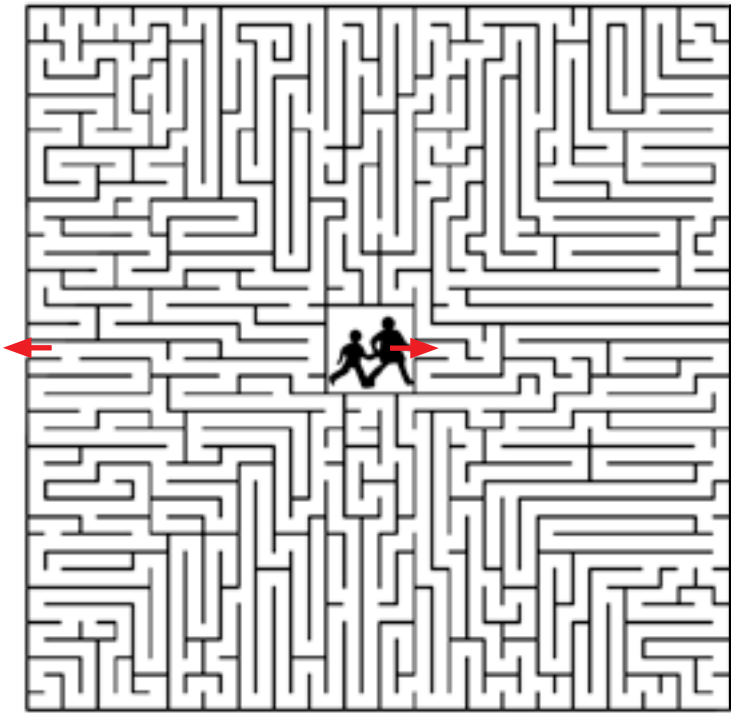
Then search for the words in this word find - up, down, diagonal, backwards or forwards.



When you have found them all, the letters that were not used make a hidden promise from the Bible.

-----  
 -----  
 -----  
 -----

Help the children to find a way out of the house



When we are away from our **friends** and usual activities, it is important to have **positive thinking** for good mental health. Choose to make **fun plans** with **crafts, hobbies, exercise** and other activities to keep you busy. Make sure you keep to normal **routines**, so that your brain and body can function well. Keep in **contact** with those you love by phone, or make a simple **gift** or **card** to send them. Spread **kindness**, but do not spread the virus! Look after **others**, by keeping clean hands and staying away from them if they are elderly, or if you do not feel well.

Don't forget to mail or email puzzles, codes, poems or your completed Fun Pages and put your name on your work to earn points for awards.



Welcome to the new DFK Club members:  
Emily J. Scarlett McC  
**Mailbag:**  
Casey J earned 5 points for inviting someone to join the club.  
Why not invite your friends and earn points too?

## JOIN THE CLUB -

## SIGN THE PROMISE!

*I CHOOSE not to drink alcohol, smoke, use or experiment with any other drug not prescribed by my doctor.*

To join the Drug Free Kids club (for children aged 6 - 12), sign the promise and email your details (below) to:

**webmaster@dfk.com.au**

or post this cut out section to:

**Drug Free Kids,  
c/- 32/22 Alton Road,  
COORANBONG NSW 2265**

or for NZ

**Drug Free Kids,  
PO Box 301817  
ALBANY Auckland 0752**

*When you choose to join the club, always get your parent or guardian's permission as your names appear on our website and in this Fun Page.*

**Name of person who asked you to join DFK Club:**

.....  
**Signed:** .....

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**First Name:** .....

**Surname:** .....

**I live at:** .....

.....

..... **Postcode:** .....

I was born on:

**Day** \_\_\_\_/ **Month** \_\_\_\_/ **Year** \_\_\_\_

**HAPPY 13<sup>TH</sup> BIRTHDAY!**

You can now join Drug-free Youth.



We congratulate these members listed on the left who turn 13 between April & June and we pray that you will continue to have happiness, success and the courage to stay drug-free during your teenage years.

Other club members who celebrate a birthday during these months are listed on our birthday webpage:

[www.dfk.com.au/web\\_pages/birthdays.html](http://www.dfk.com.au/web_pages/birthdays.html)