A Mask is a Mitzvah!
written and illustrated by Caroline Saliman

with love and hope

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A MITZVAH, literally, a commandment, is commonly used as a term for a good deed, an act of kindness with an open heart.
Nurses and doctors share ways to keep us healthy and strong, but they don't want to share germs. They wear masks to keep everyone healthy.

That mask is a Mitzvah!
People who drive big trucks share and deliver all kinds of things to our houses and stores, but they don’t want to share germs.

They wear masks to keep everyone healthy.

That mask is a Mitzvah!
People at the ice cream store love to share their favorite flavors and ice cream cones, but they don’t want to share germs. They wear masks to keep everyone healthy.

That mask is a Mitzvah!
Teachers love to share books and paint and blocks, but they don't want to share germs. They wear masks to keep everyone healthy.

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Train conductors love to share train rides and taking people where they want to go, but they don’t like to share germs. They wear masks to keep everyone healthy.

That mask is a Mitzvah!
People that work at grocery stores love to share good food, but don't like to share germs. They wear masks to keep everyone healthy.

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Dog walkers love to share cute big dogs, little fluffy puppies, and all kinds of dogs, but they don’t like to share germs. They wear masks to keep everyone healthy.

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Farmers love to share delicious vegetables and fruits, but they don’t like to share germs. They wear masks to keep everyone healthy.
Friends love to share laughter and stories, but don’t like to share germs. They wear masks to keep everyone healthy.

That mask is a Mitzvah!
We all love and care about each other. We wear masks to keep everyone healthy, and to share lots of LOVE.

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