

LITTLE BOOK OF Germs

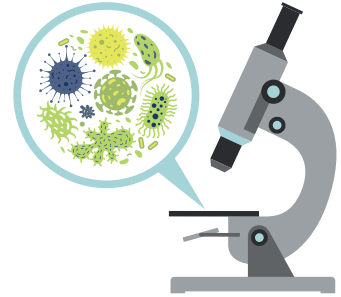


Activity book to find where germs are hiding

Germs are teeny, tiny living things

that can cause disease. Germs can make you sneeze, cough, and have a runny nose. When you're sick you can easily spread your germs to others or onto surfaces that people touch, and then other people may get sick! Research shows a single sneeze or cough can send around 100,000 germs into the air at speeds up to 100 miles per hour.

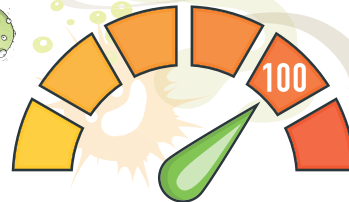
Even though we can't see germs, we know they are there. In fact, germs are so tiny you need a microscope to see them. Good habits like hand washing can help keep those cooties away and then everyone stays happy and healthy.



Germs in real life are very small and can't even be seen with a magnifying glass.



AAAH CHOOO!



SPEED

Those germs can really fly!

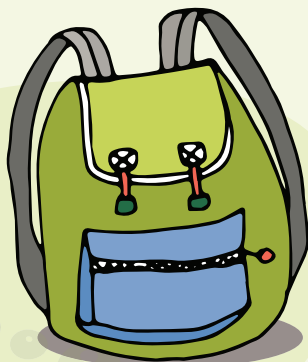
If you have **germs** on your own hands, you can spread them to everything you touch and everyone you meet!



Lots of common objects attract germs, like door handles, your backpack, and the bottom of a shoe. Did you know cell phones can have more harmful germs than even a toilet seat?



Yuk!



Germ's Make Me Squirm

Not all germs are bad, but some can make you sick and cause things like an ear infection, strep throat, and pneumonia, just to name a few! The common cold catches all of us from time to time. Kids are around each other all day during school and are not afraid to share their germs.

There are four types of germs.

Bacteria: These germs are one-celled organisms that live off their environment. Bacteria can cause illnesses like strep throat and pneumonia.

Viruses: They have to live off a host, like a person or an animal, in order to survive. Viruses can cause illnesses like the flu, chickenpox, or, most recently, the coronavirus disease.

Fungi: Fungi are multi-celled organisms that are similar to plants but can get their food only from people, animals, or plants. They can cause a rash, such as athlete's foot.

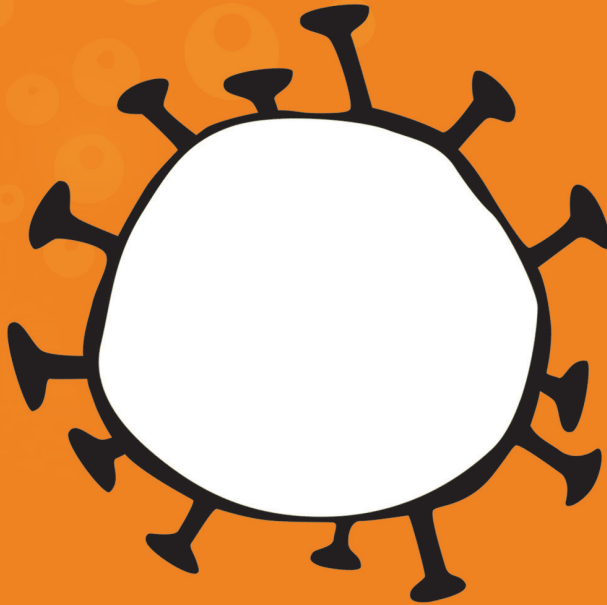
Protozoa: They are one-celled organisms that like to live where it is moist. Some can cause illnesses like diarrhea and nausea.

You've probably heard adults and others talking about the coronavirus disease, or COVID-19. The best way to avoid getting sick is by staying far away from it. It spreads from person to person, so it is important to keeping your distance from other people, called social distancing. But there's good news! By social distancing and taking some other simple steps, you can keep that pesky coronavirus and other germs far away from you.

How do you feel
today?



Draw your face
when you feel healthy and happy.



Draw your face
when you feel yucky and sick.

How to Wash Your Hands:

The best way to fight germs is to wash your hands.

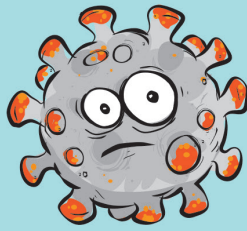
1. Wet your hands with warm or cold water
2. Add soap
3. Rub your hands together to make bubbles
4. Scrub everywhere between fingers and under fingernails
5. Continue for 20 seconds
(that's the time it takes to sing Happy Birthday twice)
6. Rinse your hands well with clean water
7. Dry with a clean towel or let them air-dry

Don't forget to sing it twice!
Or, make up your own song!

♪ Happy Birthday to You
Happy Birthday to You
Happy Birthday My Friends
Happy Birthday to You. ♪

♪ Good Health I wish You
My Old Friends and New,
So wash your hands often,
And you won't be blue! ♪





Bubble Trouble

Now it's your job to find a way for
the hand soap to get to that pesky germ!
But you can only travel through the
openings in the bubbles.



start here



Wish Wash Words

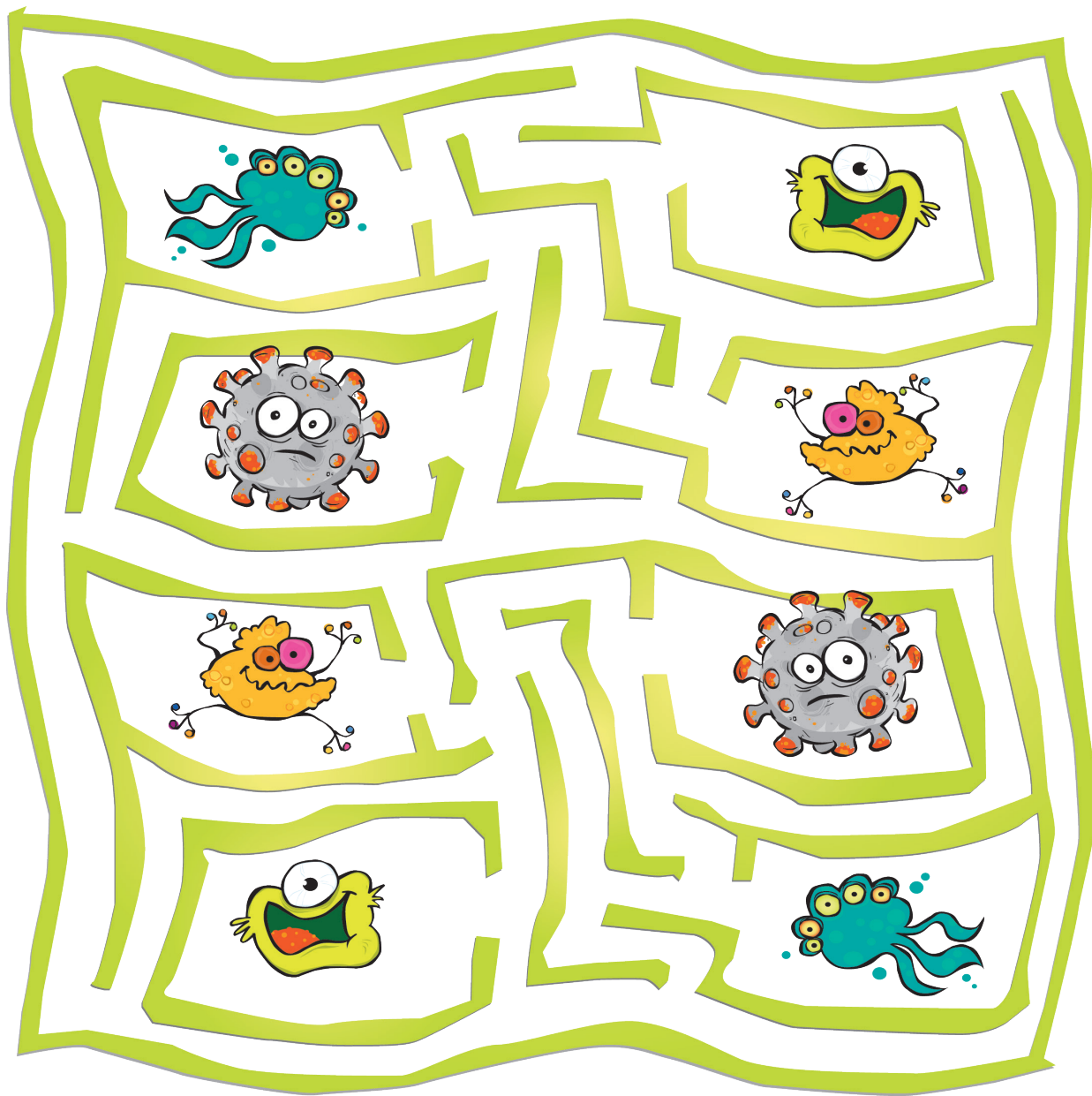
Find and circle the following words in the puzzle.

nose, flu, cold, snot, booger,
germ, cough, sneeze, sick, throat, fever,
achoo, stuffy, aches, chills, soap

Some Germ Preventions

Take these precautions even if you
DON'T feel sick:

- Wash your hands thoroughly and frequently. Wash them before eating, before you touch food or help in the kitchen, after coming in from outside, after playing with pets, after using the bathroom, and after sneezing, coughing, or blowing your nose.
- When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.
- Do not share a drink from the same glass, can, or bottle as anyone else.
- For a stronger immune system, get plenty of sleep, be physically active, drink plenty of water, and eat a well-balanced diet every day.



Match Game

Match the germs on the left with the germs on the right. You may not cross a line or go along the same path.

Quick Quiz

Dos and Don'ts for a Healthy, Happy You

1. Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow

☐ Do ☐ Don't



2. Wash your hands for 20 seconds before eating

☐ Do ☐ Don't



3. Touch your eyes, nose, or mouth if you haven't washed your hands

☐ Do ☐ Don't



4. Leave the bathroom without washing your hands

☐ Do ☐ Don't



5. Stay at home if you are sick

☐ Do ☐ Don't

Hey Parents!

Here is a list of resources for more information:

CDC.gov: Website for the Centers for Disease Control and Prevention

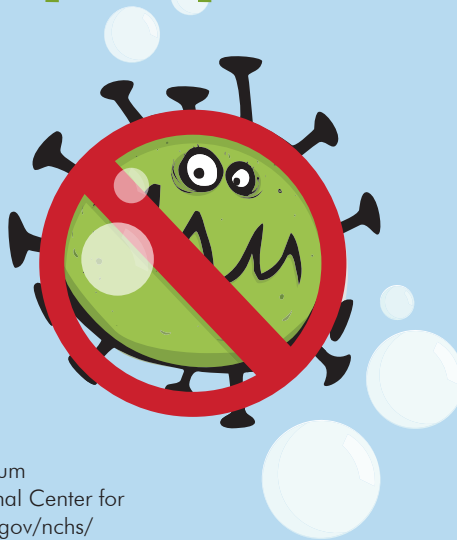
WHO.int: Website for the World Health Organization

AAP.org: Website for the American Academy of Pediatrics

NIH.gov: Website for the National Institutes of Health

USA.gov: Website for state-specific information

You Can Stop the Spread of Germs!



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Some information courtesy of the CDC—National Center for Health Statistics—Homepage. <https://www.cdc.gov/nchs/>

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