

Know What?

We fight germs!

See!

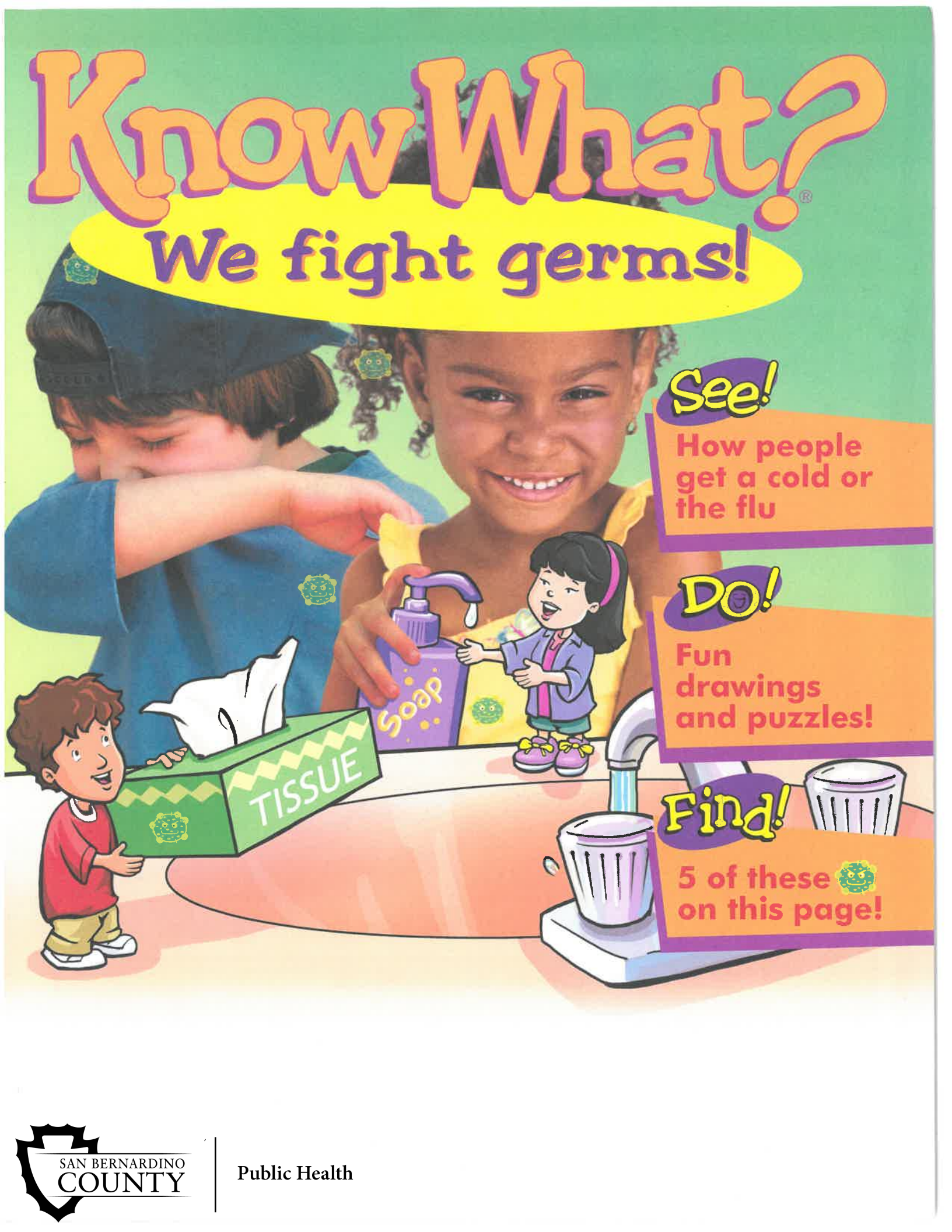
How people get a cold or the flu

Do!

Fun drawings and puzzles!

Find!

5 of these  on this page!



How do germs get around?

Do!

Draw a line from the words to the matching picture.

through the air

from person
to person

from a person to
a thing (and then
to another person)



If you get germs on your hand and then you touch your mouth, nose or eyes, you could get sick.

A... Ah... Ahhh...

chooooo!!

Learn how to cough or sneeze without spreading germs!

I sneeze into the air.

Wrong!

I cover my mouth with my hand when I cough.

Wrong!

I wipe my hands on my pants after I cough or sneeze.

Wrong!



DO!

Fold here.



Cut along the dotted lines. Fold the flaps over.

Fold here.



Fold here.



After coughing or sneezing into a tissue, always throw the tissue away in a wastebasket.

Wash this!

Do!

Trace your hand, palm down. Then, draw a line from each soap bubble to the part of your hand it talks about.

(Draw a dotted line to your palm, since it will be "face down.")



the back
of your
hand

between
fingers

under
fingernails

palm

around
wrist

Don't miss a spot!

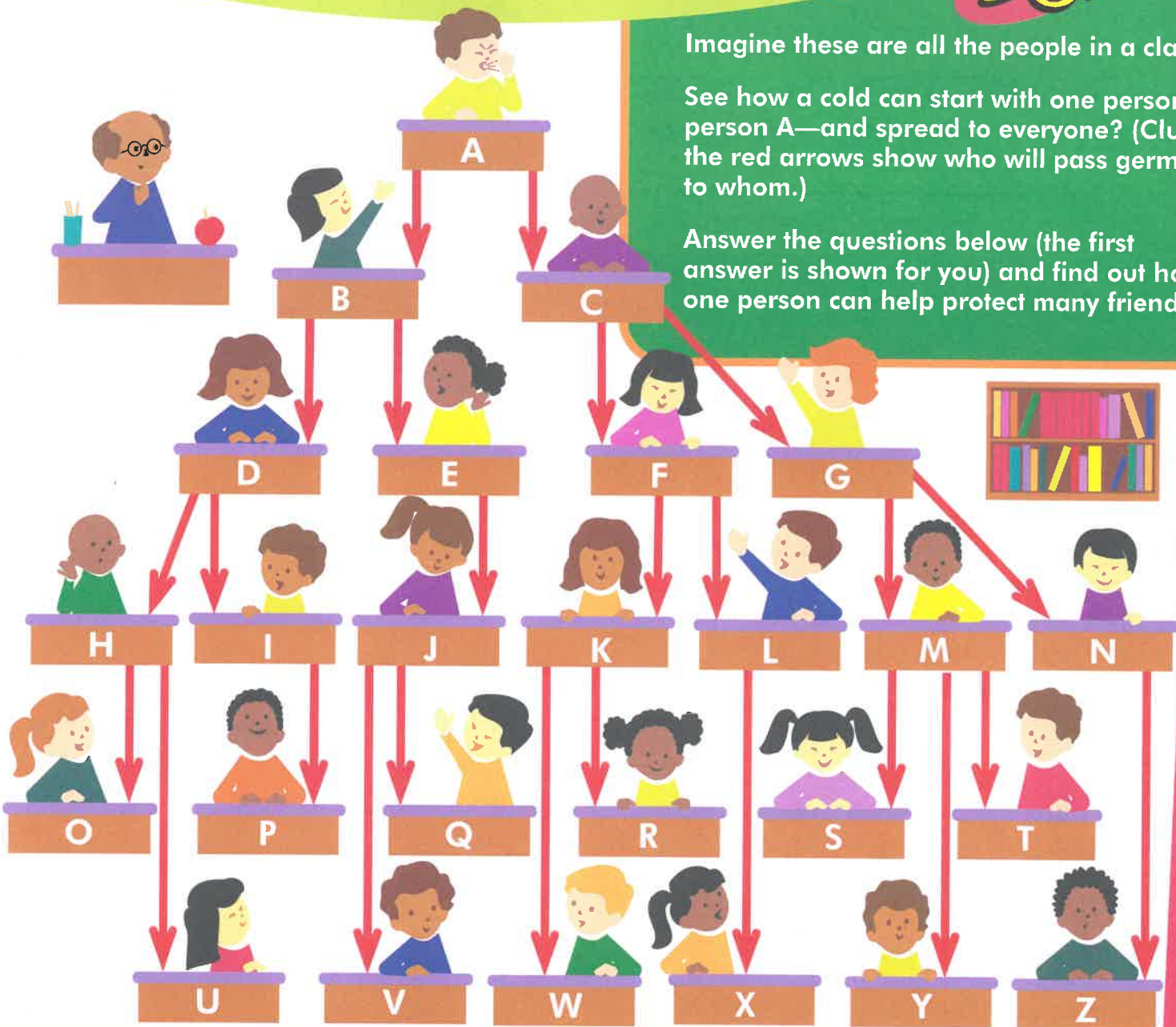
Stop germs, and protect friends!

DO!

Imagine these are all the people in a class.

See how a cold can start with one person—person A—and spread to everyone? (Clue: the red arrows show who will pass germs to whom.)

Answer the questions below (the first answer is shown for you) and find out how one person can help protect many friends!



If person D did not spread germs to others, which friends would she protect? H, I, O, P, U

If person C did not spread germs to others, which friends would he protect? _____

If person A did not spread germs to others, which friends would he protect? _____

Sure enough, the next day Felix was absent. Ms. Sinclair said he had the flu—just like Rashad and Joli.

"I hope you don't get sick, Mariah," said Ms. Sinclair.

"You think I will?" asked Mariah.

"Well, if your friends had flu germs on their hands, they could have passed them to you or another person, for example by giving a high-five," said Ms. Sinclair.

"Uh-oh," said Mariah.

"Did the four of you always wash your hands after coming in from recess?" Ms. Sinclair asked.

"No," said Mariah. "We always hurried because we wanted to sit together."

"Hmmm, I think we need a new hand-washing rule. Always wash your hands after recess," said Ms. Sinclair.

Later the next week, Rashad, Joli and Felix were better and back at school. After recess, they were waiting in line to wash their hands.

"I'm glad we have this rule," said Rashad. "It's no fun to have the flu."

"We have another new rule, too," said Ms. Sinclair, who was standing nearby. "Read the hand-washing instructions above the sink. The last step is new."

Felix began to read aloud. "Use warm running water. Add soap. Scrub for at least 20 seconds. Rinse. Dry with a clean towel. Give Ms. Sinclair a high-five."

Felix smiled. "So you want to be part of our high-five team, Ms. Sinclair?"

"Of course. But only if the high-fives are with clean hands," said Ms. Sinclair.

"We're working on it," said Rashad, who was scrubbing his hands carefully.

Then, one by one, after washing their hands, the children gave Ms. Sinclair a lot of big high-fives with clean hands!



How does Ms. Sinclair think the children might have passed flu germs to each other?

What are the class's two new hand-washing rules?