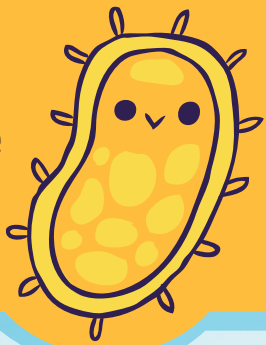


# BYE-BYE, GERMS!

## Hello, *Healthy* Kids.

### What Exactly **ARE** Germs?

Germs are everywhere! They live in the air, the soil, the water, and even in our bodies. Some germs are helpful, but some of them can make us really sick!



**EWWWWWWW!**

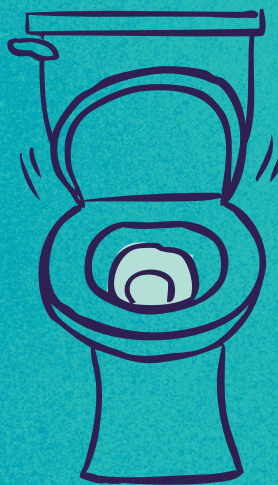
Did you know that one cough or sneeze can spread up to

**3,000** ICKY, GERMY DROPLETS INTO THE AIR?



**GROSS!** GERMS CAN LIVE FOR **MORE THAN 24 HOURS** ON DESKS, TOYS, AND BOOKS.

### WHAT WOULD YOU *Rather Touch?*



VS.



**10x**  
GERMIER!

### GERM STOPPERS to the Rescue!

- 1 Clean surfaces like doorknobs and desks every day.
- 2 Cover your mouth when you sneeze or cough.
- 3 Wash your hands often.

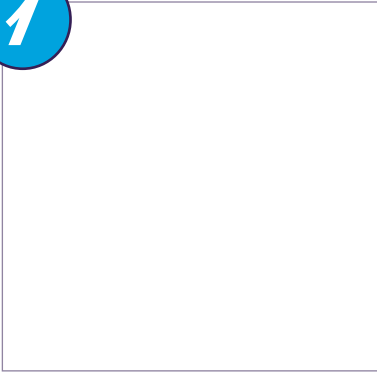
[hereforhealthyschools.lysol.com/Here-for-healthy-habits.html](http://hereforhealthyschools.lysol.com/Here-for-healthy-habits.html)



# Help Your Friends Stay *Healthy!*

One of the best ways to stay healthy is to wash your hands frequently.  
Help your friends stay healthy by cutting out the pictures below and gluing them in order.

1



Wet your hands.

2



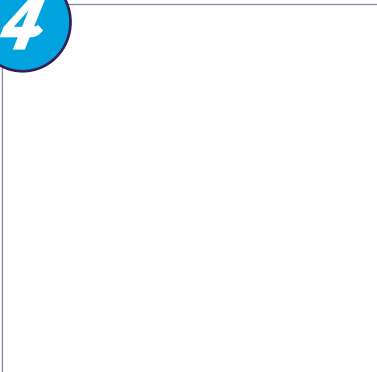
Scrub your hands with soap and water for as long as it takes to sing "Happy Birthday" twice.

3



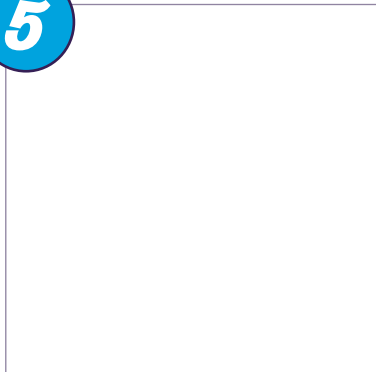
Make sure to scrub the backs and sides of your hands.

4



Rinse soap off your hands.

5

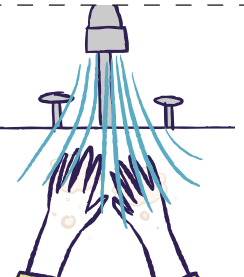
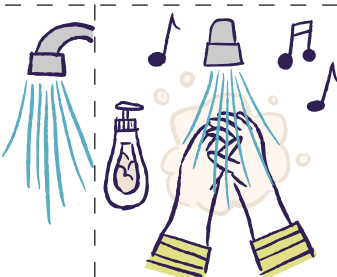
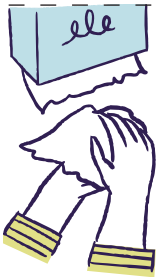


Towel dry.

6



Turn off faucet with towel.



# Find the **GERMY** Messes!

How many icky, germey messes you can find in the picture? Color one box on the bar graph for every germey mess you can find. Then circle the germ stoppers you see in the picture that you think will help keep the kids in this classroom healthy.



Used tissues							
Dirty handprints							
Spilled milk							
Food left out							
A student sneezing							



It was a(n) \_\_\_\_\_ January morning in \_\_\_\_\_'s class.  
(ADJECTIVE) (NAME)

The sky was \_\_\_\_\_, and the children were \_\_\_\_\_  
(ADJECTIVE) (ADVERB)  
\_\_\_\_\_ their \_\_\_\_\_ when suddenly  
(VERB + ING) (SUBJECT IN SCHOOL)  
\_\_\_\_\_ sneezed! \_\_\_\_\_!  
(NAME) (EXCLAMATION)

The children all \_\_\_\_\_ as \_\_\_\_\_ germ  
(VERB IN THE PAST TENSE) (NUMBER)  
droplets landed all over the \_\_\_\_\_, \_\_\_\_\_, and  
(THING) (NOUN)  
\_\_\_\_\_. \_\_\_\_\_!  
(NOUN) (EXCLAMATION)

Fortunately, everyone knew exactly what to do. Each kid stood up and washed their  
hands for \_\_\_\_\_ seconds while singing "\_\_\_\_\_". The teach-  
(NUMBER) (SONG)  
er grabbed \_\_\_\_\_ disinfecting wipes and started to wipe down every  
(NUMBER)  
\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ in the classroom.  
(NOUN) (NOUN) (NOUN)

When every droplet was gone, the kids were all pretty \_\_\_\_\_,  
(FEELING)  
so they celebrated with \_\_\_\_\_ and \_\_\_\_\_. They  
(FOOD) (DRINK)  
were all glad they could be part of a \_\_\_\_\_ germ-stopping team.  
(ADJECTIVE)

# We Can All Be GERM STOPPERS!

It's important to wash your hands often to stop the spread of germs. **Draw three bright red arrows pointing to the sink.**

When you wash your hands, make sure you use soap and water and scrub for at least as long as it takes to sing "Happy Birthday" twice. **Color the soap blue** and **draw black music notes next to the soap bottle.**

Just one sneeze can spread up to 3,000 germy droplets into the air and onto surfaces. **Draw tiny green dots all over the desks** to show where germs land and live.

Disinfecting wipes kill 99.9% of the germs living on any surface. **Find three containers of wipes and color them yellow.**

The peak season for cold and flu germs is between November and February. Find the calendar and **circle the months that people are at high risk for getting sick.**

