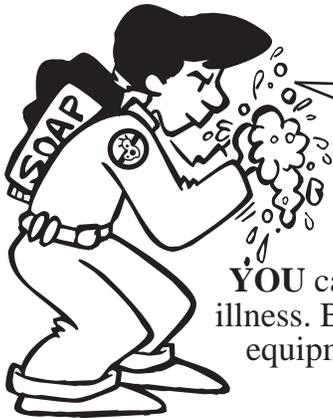


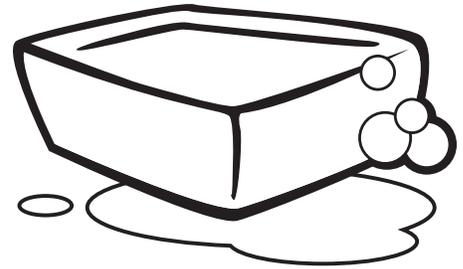


SCRUB UP AND BECOME A MEMBER OF THE **GERM PATROL**



Disgusting germs don't stand a chance against my powerful **SECRET WEAPON!**

YOU can stop the spread of germs that cause illness. But you'll need two important pieces of equipment to get the job done – **SOAP** and **WARM, RUNNING WATER.**



CLIP AND TAPE TO YOUR BATHROOM MIRROR

Hand Washing in Three Easy Steps!

-  **1** Lather up both sides of your hands, around your wrist, between your fingers and around your nails.
- 2** Rinse well to remove all the soap.
- 3** Dry hands with paper towels. Tip: use a paper towel to turn off the faucet after washing hands.

Proper hand washing requires vigorous lathering for at least 20 seconds – about as long as it takes to sing the ABC song.

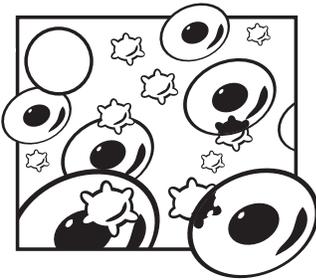
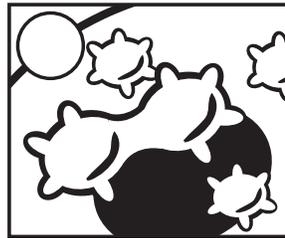
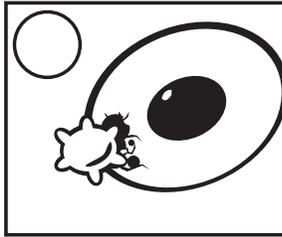
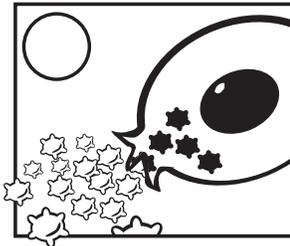
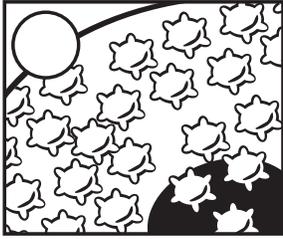
Use whatever soap gets you scrubbing. Regular soap works well!



Bright Ideas from Kid Scoop's Lesson Library!

Find an article or advertisement that describes a health problem. What is the cause of the problem? What is described as a solution or "cure" for the problem?

Standards Link: Health: Understand how disease spreads; know how to prevent the spread of disease.



Number the pictures in order to show how a virus germ makes you sick.

How a Germ Makes You Sick

Germs that cause colds and flu are called **viruses** and **bacteria**.

1. When a virus germ gets inside your body, it finds a healthy cell and digs its way inside.
2. Then it begins to multiply. One virus germ becomes two. Two become four. Four become eight.
3. Soon the cell is full of hundreds of virus germs.
4. The germs break out of the healthy cell.
5. Each germ finds another healthy cell and begins multiplying. Soon there are millions of virus germs in your body.

Standards Link: Health: Students understand the causes and recognize symptoms of common diseases.

WHAT CAN YOU LEARN FROM A VAMPIRE?



The way a movie vampire covers his face with his cape is a good way to stop the spread of germs. It's called the Vampire Cough. Next time you cough or sneeze, cough into the inside bend of your elbow. If you cough into your hands, the germs from your mouth get spread around.

Think about it – what was the last thing you touched with the inside of your elbow?

Bright Ideas from Kid Scoop's Lesson Library!

Look through the newspaper to find pictures of people doing various things. Mark it with a red B if people should wash their hands before this activity. Mark it with a blue A if they should wash their hands after this activity. How many photos did you mark with both an A and a B?

Standards Link: Writing Applications: Students write narratives that follow a logical sequence.



How often do you wash YOUR hands?

Keep track of how many times a day you wash your hands for one full month. Every time you wash your hands, make a check in that day's bubble. Take a guess **before** you begin, then fill out the actual number **after** the month is over. Did you wash your hands **more** or **less** often than you thought?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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I think I wash my hands ____ times a day. I discovered I actually wash my hands ____ times a day!

Standards Link: Health: Know how to prevent the spread of disease.

Kid Scoop Jumbo Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.
Then see how many of these words you can find in today's newspaper.

GERM
WASH
WEAPON
VIRUSES
BACTERIA
HEALTHY
VAMPIRE
COUGH
ELBOW
EQUAL
CAUSE
HUNDREDS
SOAP
HANDS
BUG
INFECTION



Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.