

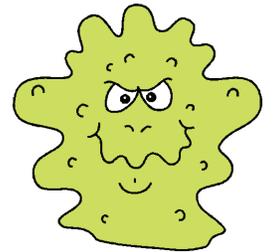


Our bodies are pretty cool machines. Day after day, they work hard, break down our food, pump blood and oxygen, send signals from our brain to different parts of our body, and so much more. But there is a group of tiny invaders that can make our bodies sick--they are called GERMS.



WHAT ARE GERMS?

Germs are found all over the world, in all kinds of places. Germs are tiny organisms, or living things, that can cause disease. They are so tiny and sneaky you can't even see them. They can enter our bodies without being noticed. When they get on our hands and on other parts of our bodies they can make us sick!



WHAT DO GERMS DO?



Once germs invade our bodies, they can settle in for a long stay. They eat up nutrients and energy and can produce toxins, which are like poisons. Those toxins can cause symptoms of common infections, like fever, sniffles, rashes, coughing, vomiting and diarrhea.

Doctors are able to find out what germs are living in your body and making you sick. They look at samples of blood or other fluids under a microscope or send the samples to a laboratory.

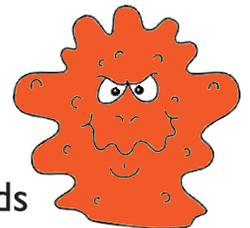
HOW DO YOU FIGHT GERMS?

Most germs spread through the air when someone sneezes, coughs, yells or sings. Some pass from person to person by touching something that is contaminated, like shaking hands with someone or sharing items such as pens, cell phones and water bottles.

ALWAYS...



- ★ wash your hands with soap and water
- ★ cough or sneeze into your sleeve or tissue
- ★ toss tissues in trash after use and wash hands
- ★ use antibacterial gel when soap is not available



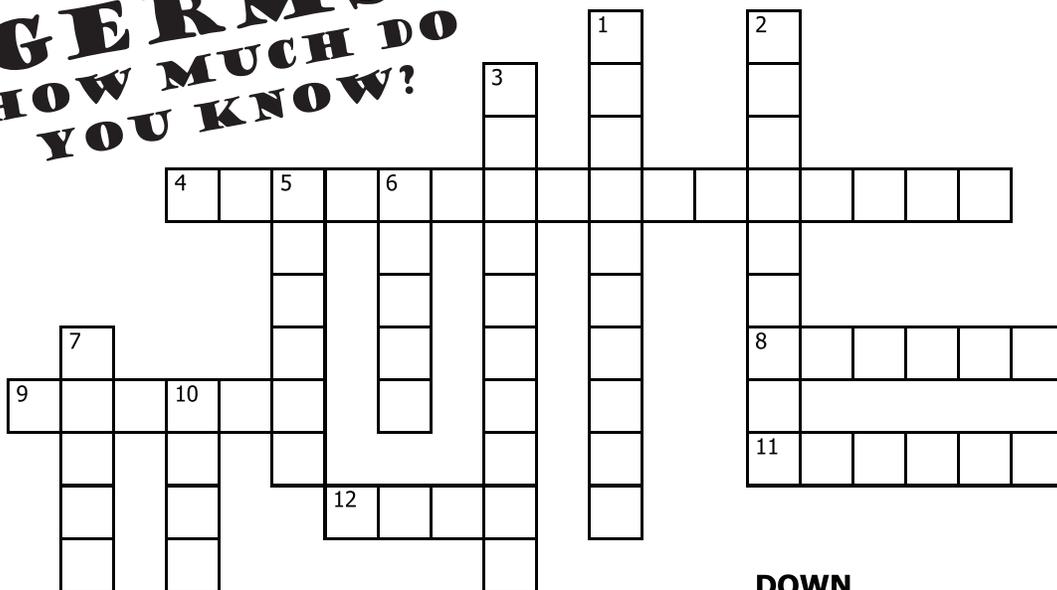
Test your germ knowledge by filling out the opposite side of this page. Good luck!

AGES: 9-11

GERMS! HOW MUCH DO YOU KNOW?

Use the information from other side to fill out the crossword puzzle.

Good luck!



ANSWER KEY: ACROSS: 4. Antibacterial Gel
DOWN: 1. Infections 2. Organisms 3. Microscope
8. Spread 9. Person 11. Sleeve 12. Soap
5. Toxins 6. Blood 7. Germs 10. Sick

ACROSS

- 4. Use when soap is not available
- 8. Germs _____ through the air in sneezes, coughs, yelling & singing
- 9. Germs can spread from person to _____
- 11. Cough or sneeze into tissue or _____
- 12. Wash hands with _____ and water

DOWN

- 1. Toxins can cause symptoms of common _____
- 2. Germs are tiny _____
- 3. Doctors look at germs using a _____
- 5. Germs eat nutrients and energy to produce _____
- 6. Doctors take a _____ sample to test
- 7. Invaders to our bodies
- 10. Germs can make us _____

Germs love to travel on hands. Hands touch the places where germs can enter the body (eyes, nose, mouth). Washing our hands is the smartest way to keep germs from invading our body and making us sick!

Unscramble the words in each sentence to learn how to wash your hands. Then put in the correct order.

1 Wet hands with _____ and running water.
(OPAS)

Use _____ or bar of soap.
(ILQIDU)
_____ hands for at least 20 seconds.
(BCURS)

Sing the "hand washing song" 2 times.
_____ well with a _____ towel.
(RYD) (NELAC)

_____ away all the soap.
(IRESN)

Cut out the song & tape next to sink.

HAND WASHING SONG
IF you're happy and you know it,
wash your hands!
IF you're happy and you know it,
wash your hands!
IF you're happy and you know it,
then you're Face will surely show it.
IF you're happy and you know it,
wash your hands!
SING 2 TIMES!

Sing 2 times to stay clean & germ-free!



Pima County Health Department

520.243.7797

www.pimahealth.org

ANSWER KEY: 1. Soap 2. Liquid, Scrub 3. Rinse 4. Dry, Clean