

Protect
against **BAD**
MICROBES

CHAPTER 3



Ever wonder how germs get inside your body? We love it when you don't wash your hands. We hang out on your skin, and as soon as you touch your eyes or eat food with your dirty hands, we get in! Cool, right?



We also love to jump from one human to another! All you have to do is sneeze or cough, and don't cover your mouth.



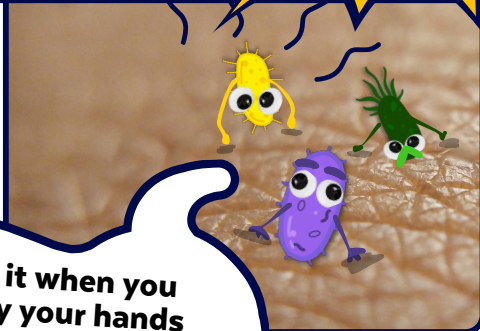
DO NOT LISTEN TO THESE BAD MICROBES!
You've got to wash your hands, sneeze into your elbow, and cover your mouth when you cough!



Sometimes, we're sneakier! You may think you washed your hands, but we hide between your fingers and stick to your skin! Just don't wash your hands for 30 seconds!



NO!
You have to wash your hands for 30 seconds!



We love it when you don't dry your hands afterwards. That makes it easy for us to land on your skin.

UNBELIEVABLE!

**You must wash your
hands with soap and
water, and scrub between
your fingers for
30 seconds...**



**...and then
DRY them!**

A photograph of a person's arm with a fresh cut. Three cartoon germs are on the skin: an orange one, a purple one, and a yellow one. A speech bubble from the purple germ says, "Chill! We have other ways to get into your body, you know? Like...when you fall and have a cut on your skin?"

Chill! We have other ways to get into your body, you know? Like...when you fall and have a cut on your skin?

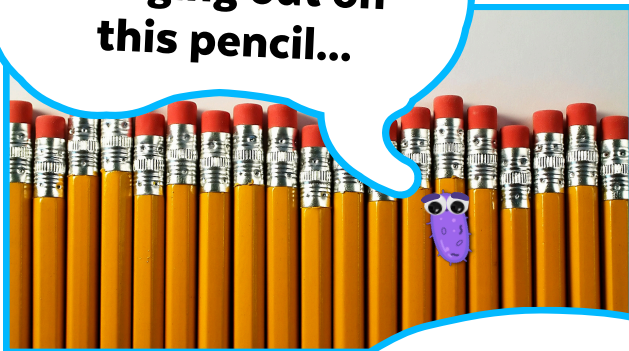
A photograph of a person's arm with a cut. A cartoon orange germ is on the skin. A speech bubble from the orange germ says, "Fab! We get right in. Just don't wash your cut or cover it with a bandage."

Fab! We get right in. Just don't wash your cut or cover it with a bandage.

A large yellow starburst graphic with a blue outline. Inside the starburst, the text reads: "DO NOT LISTEN! Wash your cut with soap and water, and cover it with a bandage! Just do it!"

DO NOT LISTEN!
Wash your cut with
soap and water, and
cover it with a bandage!
Just do it!

**Once, I was
hanging out on
this pencil...**



**...and this kid put
the pencil right
into his mouth!**



**Ahhh! That was
my lucky day.**



Hahaha! That happened to me, too. I was chilling on an apple, and this kid ate the apple before washing it. Success!



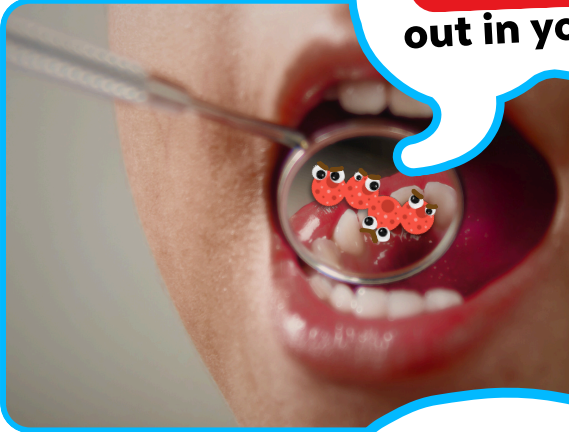
WHAT ARE YOU TALKING ABOUT?! Don't put things in your mouth, and PLEASE wash your fruits and veggies before eating them!

**I'm a fungi, and you
know where my favorite
spot is? Anywhere moist
and humid! Like between your
toes, when they are sweaty
and warm in your shoes.
Just don't wash your feet!**



**Disgusting!
You take showers,
right? You've got to
wash your feet!**

I am **Candida albicans!** I hang out in your mouth.



I LOVE it when you eat sugar and you don't brush your teeth!

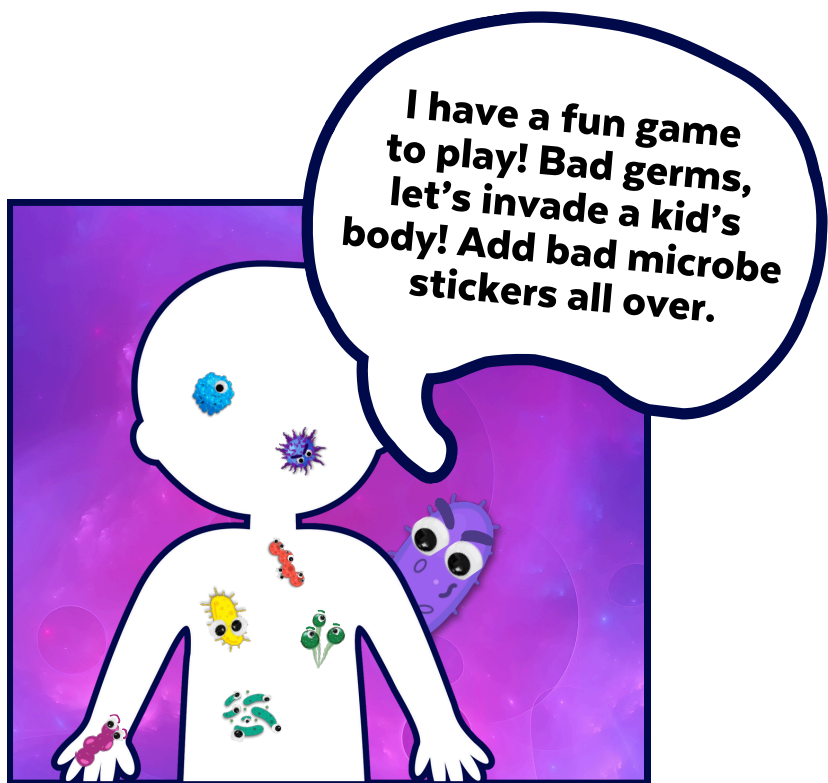


That's a **TERRIBLE** idea! You've got to brush your teeth, at least twice a day and definitely before going to bed!



And don't eat too much sugar, can you?

These are all good **HYGIENE** habits that help you stay healthy!



HANDS-ON ACTIVITY

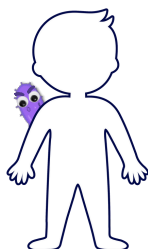
CHECKLIST



Grab one Bad Microbes sticker sheet and one Microbe Busters sticker sheet from your teacher.



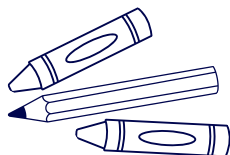
Add bad microbes on the MODEL of the sick child's body on page 38 in your journal.



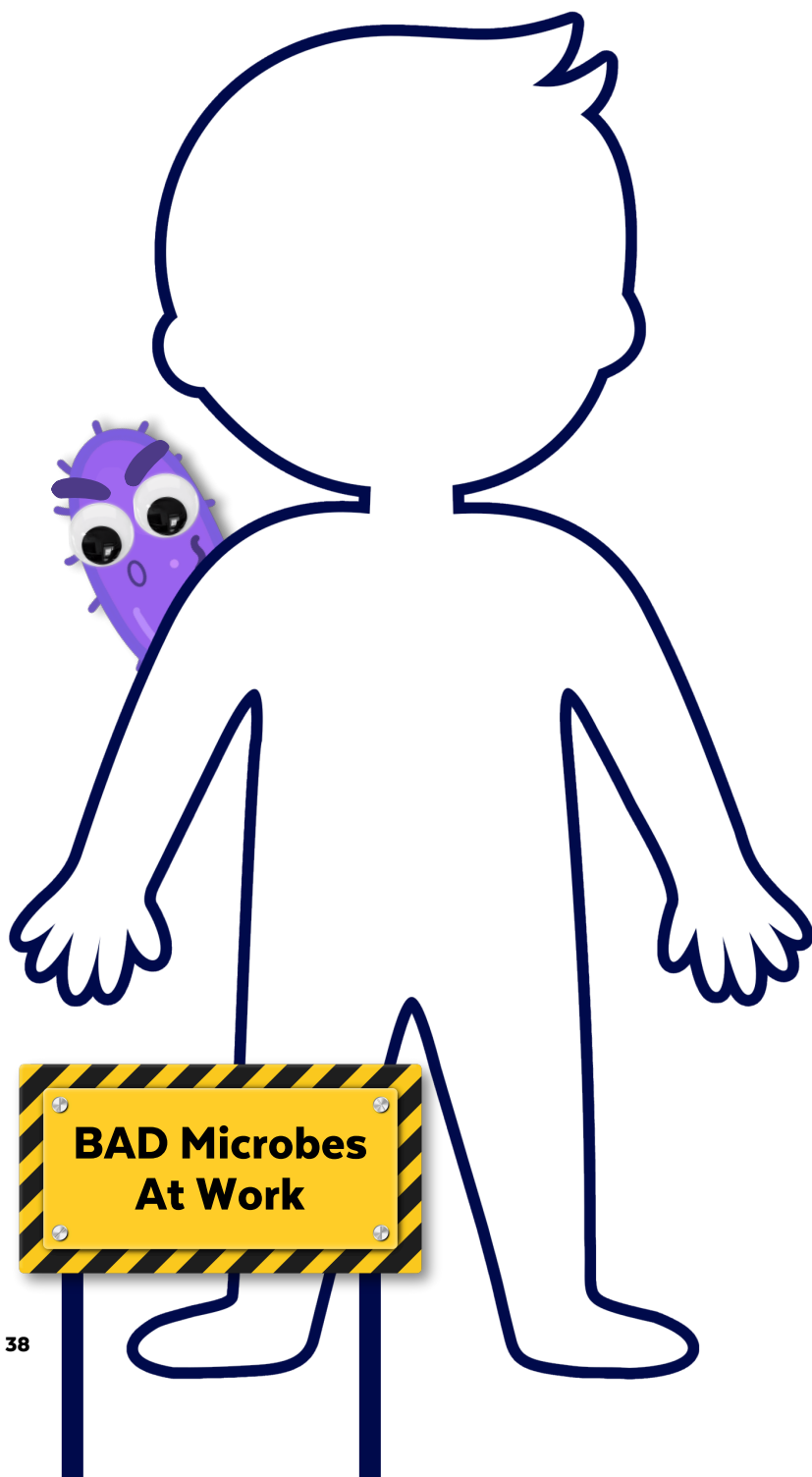
Then, add microbe busters on the MODEL of the healthy child's body on page 39.



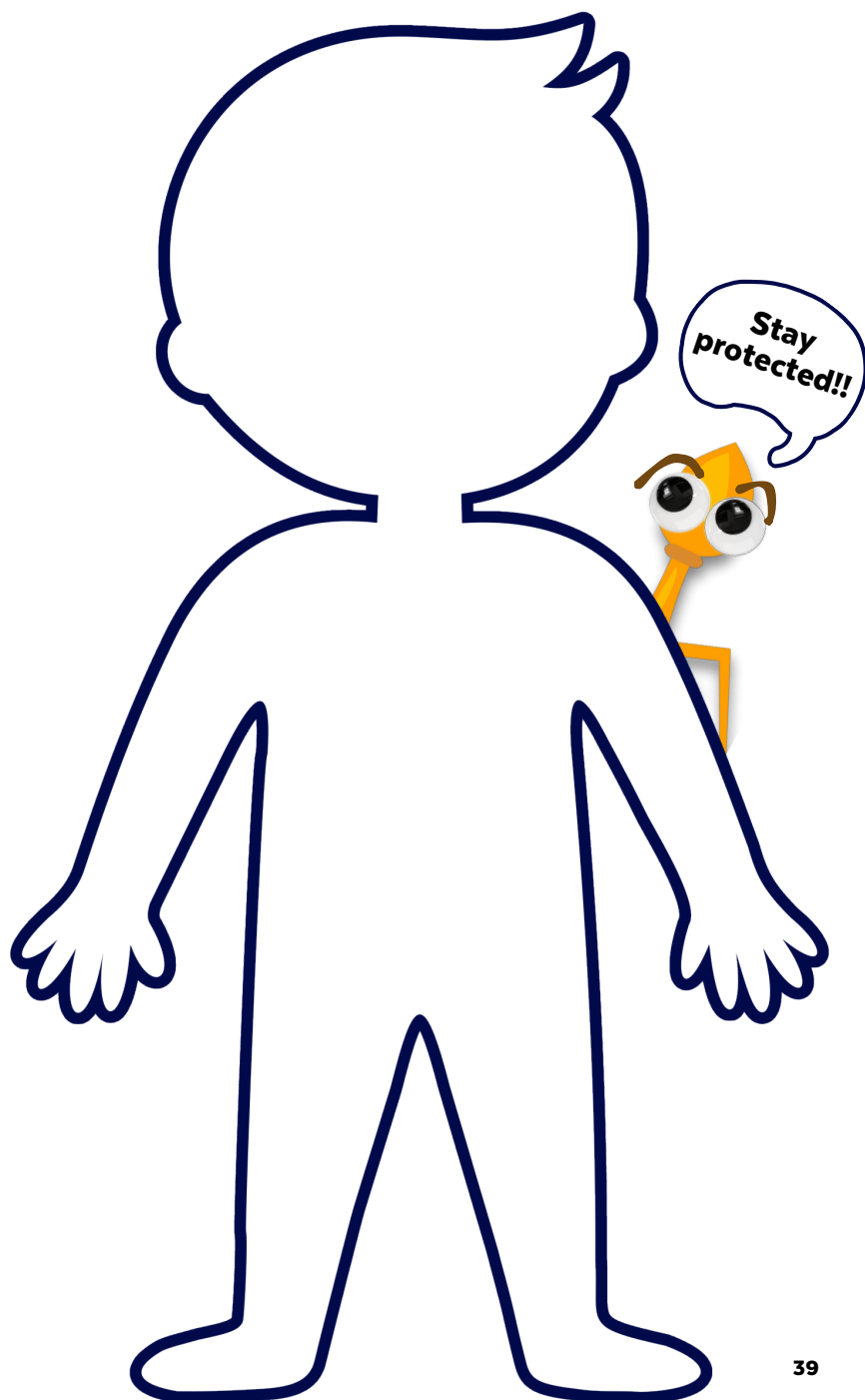
Do you have other ideas on ways you can protect the child? Grab a pencil and draw on the MODEL!



MODEL OF A SICK CHILD'S BODY



MODEL OF A HEALTHY CHILD'S BODY





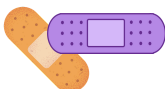
Hey! Check this out! A list of good **HYGIENE** habits to help you keep the bad microbes away!



Wash your hands with water and soap!



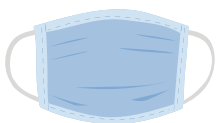
When you're not close to a sink, use hand sanitizer to clean your hands.



Cover your cuts with a bandage.



Clip your nails.



**Wear a mask if you're
in a crowded space!**



**Keep your clothes
clean and dry.**



**Wash your fruits and
veggies before eating
them.**



Take showers.



**Brush your teeth
before going to bed.**



**Keep your home
clean and tidy.**

