

Important Notice

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What do you know about fighting germs?

Let's find out! Answer these questions.

What do you know about fighting germs?

- | | True | False |
|---|--------------------------|--------------------------|
| 1. Tiny germs can make people sick with colds or flu. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. To fight germs, you should scrub your hands for 5-10 seconds. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Cough or sneeze into your hand to avoid spreading germs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. The only time you really have to wash your hands is before eating. ... | <input type="checkbox"/> | <input type="checkbox"/> |

What do you think about healthy habits?

- | | Agree | Disagree | Don't know |
|---|--------------------------|--------------------------|--------------------------|
| A. Children don't have to use soap every time they wash their hands. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B. Rubbing hands with hand sanitizer can help kill germs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C. Washing hands well and covering coughs and sneezes now can help me learn healthy habits that will last my whole life. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| D. If a child feels sick, he or she should still come to school. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| E. I can help my friends and family by being careful not to spread germs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

What questions do you have about fighting germs?

Write them here:

Have your answers changed?

This will help us see what you learned.

Answer these questions.
Have your answers changed?

What do you know about fighting germs?

	True	False
1. Tiny germs can make people sick with colds or flu.	<input type="checkbox"/>	<input type="checkbox"/>
2. To fight germs, you should scrub your hands for 5-10 seconds.	<input type="checkbox"/>	<input type="checkbox"/>
3. Cough or sneeze into your hand to avoid spreading germs.	<input type="checkbox"/>	<input type="checkbox"/>
4. The only time you really have to wash your hands is before eating. ...	<input type="checkbox"/>	<input type="checkbox"/>

What do you think about healthy habits?

	<i>Agree</i>	<i>Disagree</i>	<i>Don't know</i>
A. Children don't have to use soap every time they wash their hands.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Rubbing hands with hand sanitizer can help kill germs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. Washing hands well and covering coughs and sneezes now can help me learn healthy habits that will last my whole life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. If a child feels sick, he or she should still come to school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. I can help my friends and family by being careful not to spread germs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Did your questions about fighting germs get answered?

If you still have questions, talk to your teacher, school counselor, parent or another adult you trust.

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“What’s wrong, Nicholas?” (grades K-1, 2-3)

Give a copy of this page to each member of the audience.

Nicholas came home from school one day and lay down on the couch. “I feel bad!” he said.

“What’s wrong, Nicholas?” asked his mother.

“I don’t know. I feel really hot and my throat hurts. Can I just lie here for a while?” His mother said that was OK. Nicholas did not even feel like eating supper. He went to bed early.

The next day, Nicholas and his mother went to see Dr. Chen. “What’s wrong, Nicholas?” asked Dr. Chen. Nicholas told the doctor how he felt awful.

Dr. Chen looked at Nicholas and took his temperature. He asked more questions. Then he said, “It looks like you have the flu, Nicholas.”

“How did I get the flu?” asked Nicholas.

“Well,” said Dr. Chen, “You got flu germs from somewhere. Is there anybody else at school who has the flu?”

“Yes,” said Nicholas. “A couple of kids are out sick this week.”

“One of them might have passed flu germs to you before he or she felt really sick,” said Dr. Chen. “That is why I am going to ask you to stay home from school for a few days. That way you won’t give your flu germs to even more people.”

“OK,” said Nicholas. “I don’t want to make other people feel awful like I do.” When Nicholas got home, he got back into bed. He still felt sick.

That afternoon, Nicholas’s sister Brianna came home from school. She came to see Nicholas in his room.

“What’s wrong, Nicholas?” asked Brianna.

“The doctor says I got flu germs from being around other kids with the flu,” Nicholas told Brianna.

Brianna said, “We have been learning about germs at school. We learned that it is important to wash our hands a lot.”

“It is?” said Nicholas.

“Yes!” said Brianna. “When you wash your hands a lot, you help wash germs away. Then they don’t get into your body and make you sick.”

“That makes sense,” said Nicholas.

“Do you wash your hands a lot?” asked Brianna.

“I don’t think so,” said Nicholas. “But from now on, I definitely will!”

“Cool!” said Brianna. “Now I’m going to go wash my hands so I won’t get the flu too!”

What would you do?

Give a copy of this page to each member of the audience.

Handout (Grades 2-3)

Answer the question for each situation described below.

- 1. You are playing with your dog when your dad tells you that dinner is ready right now.**

What would you do?

- 2. You just blew your nose and now you need to wash your hands. Then you see that there is no soap at the sink.**

What would you do?

- 3. After playing outside, everyone in your class lines up to wash hands. You and your friend are last in line. Your friend asks you to skip hand washing so you won't be late.**

What would you do?

Tracking my healthy habits (grades K-3)

Give a copy of this page to each member of the audience.

Fill in this chart for 1 week. Use this special code:

✓ = I did it!

○ = I forgot, but I'll try next time.

Or, leave the space blank (for example, if you didn't cough or sneeze at all).

	Monday	Tuesday	Wednesday	Thursday	Friday
washed hands before eating					
washed hands after using the bathroom					
washed hands after playing outside					
used soap when washing hands					
scrubbed for at least 20 seconds					
covered a cough					
covered a sneeze					
washed my hands after coughing or sneezing					
stayed 3 feet away from others when coughing or sneezing					

Healthy rules and reminders (grades K-3)

See activity instructions on page 106.

1.

2.

3.

4.

5.

**I fight germs!
(grades K-3)**

Give a copy of this page to each member of the audience.



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Hand-washing poster (grades K-1, 2-3)

Give a copy of this page to each member of the audience.

Steps to cut out

1. Wet hands.

2. Use soap.

3. Scrub for at least 20 seconds.

4. Rinse well.

5. Dry your hands.