

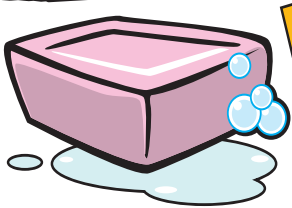
SCRUB UP AND BECOME A MEMBER OF THE

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.



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!

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.



Catch the Reading Bug – NOT a flu bug!

At the library, I talk with kids about washing their hands both before and after they read our books. They should wash before to help keep the books nice and clean. That helps the library. Then they should wash after they're done reading to remove germs they picked up from the books. And that helps kids stay healthy.

Standards Link: Health: Students recognize behaviors that promote healthy living.

- Bert Bookworm

How often do you wash YOUR hands?

Keep track of how many times a day you wash your hands for one full week. 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 week is over. Did you wash your hands **more** or **less** often than you thought?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

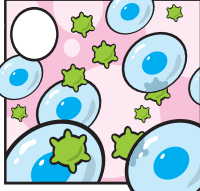
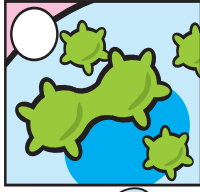
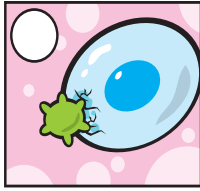
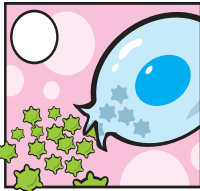
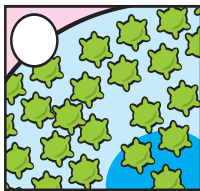
FRIDAY

SATURDAY

Bubbles for tracking hand washing frequency.

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.



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.

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?



Get more Germ Patrol info and activities at kidscoop.com/scrub-squad

Hand Washing Before and After

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?

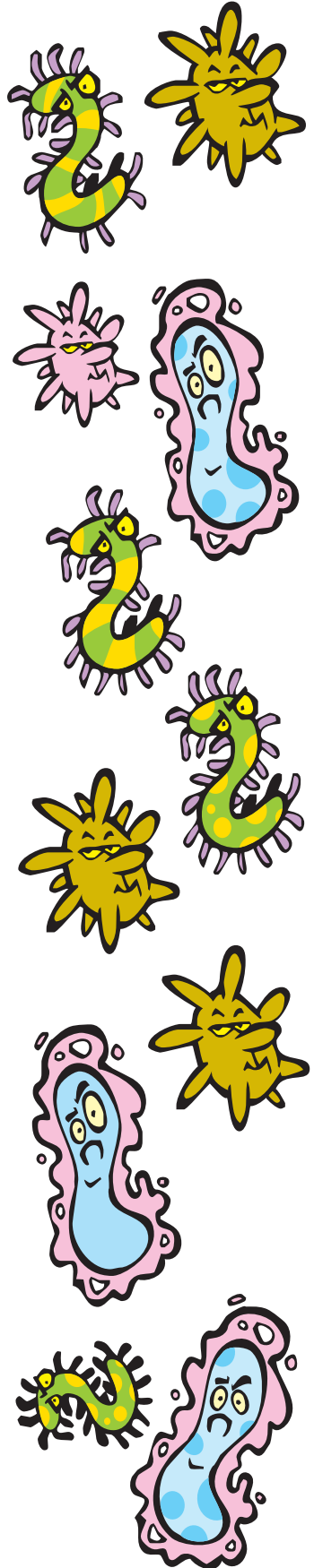
Standards Link: Writing Applications: Students write narratives that follow a logical sequence.

Just how DO germs get into the body?

When you touch a germ, it clings to your hand. Then when you touch your mouth, eyes or nose, the germ slips into your body. Or if you touch some food, the germ moves onto the food, and when you eat the food, the germ gets inside you.

When someone sneezes, germs fly into the air. Those germs can land on surfaces and, if you touch those surfaces, germs get on your hands. **GROSS!**

Find the two identical germs.



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

What a Character!™ Responsibility is ...



... washing your hands before meal times.

Kid Scoop VOCABULARY BUILDERS

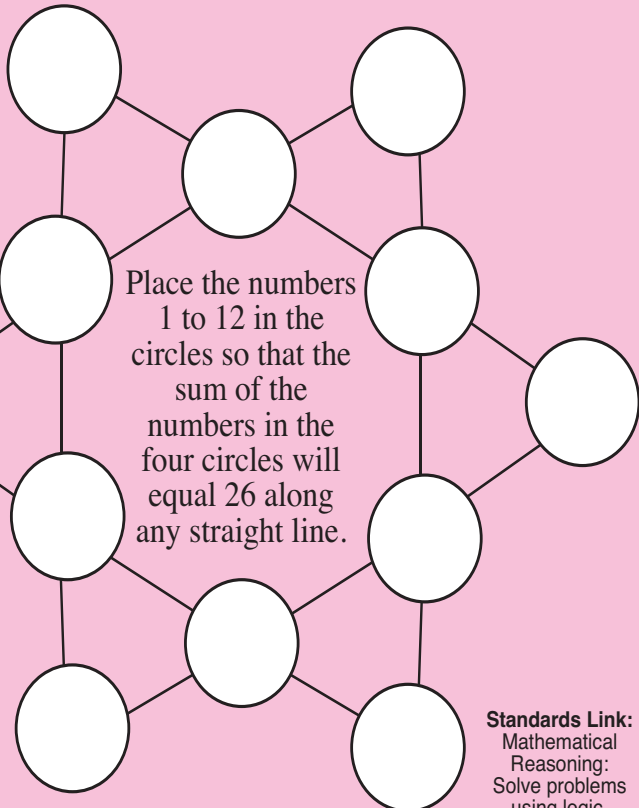
This week's word: BACTERIA

The noun **bacteria** means microscopic organisms that cause disease.

Washing your hands keeps harmful bacteria away.

Try to use the word **bacteria** in a sentence today when talking with your friends and family members.

KID SCOOP PUZZLER



Place the numbers 1 to 12 in the circles so that the sum of the numbers in the four circles will equal 26 along any straight line.

Standards Link: Mathematical Reasoning: Solve problems using logic.

Double Double Word Search

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

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

B E C H C S D N A H
B G S A G E A Y N S
A A U E N U H D E D
W S C G S T O R L E
E F R T L U I C B R
A M F A E P R U O D
P G E R M R G I W N
O H P A O S I R V U
N E V E E Q U A L H

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

FROM THE Kid Scoop LESSON LIBRARY

Cause and Effect

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: Reading Comprehension: Understand cause and effect.



Why isn't there a joke about germs here?

ANSWER: We don't want it to spread all over town!

Write On!

Germs Make Me Sick!

Write tips for kids on how to avoid getting sick. How can you stop germs before they get you down?