

## **Germs Are Not for Sharing**

**By Elizabeth Verdick**

What are too small to see...but can have the power to make you sick?

Germs!  
They're in the air  
in food and water  
on your body  
and on all the things you touch.  
*(Not ALL germs are bad though.)*

Still, germs are not for sharing because germs can make you sick.

Achoo! Achoo! What do you need to do?  
Cover your nose with a tissue before the germs get out.  
Blow, wipe, and toss.  
*(Score!)*

Cough, cough, cough!  
What do you need to do?  
Cover up your mouth before the germs get out.  
Like this \_\_\_\_  
or this \_\_\_\_  
or even like this \_\_\_\_.

If you cough or sneeze into your hands, hurry up and wash them because  
Germs are not for sharing.

When germs get on your hands, they can spread to other people.  
When you hold hands  
or play games  
or give each other high fives.

Whenever you touch something,  
your germs get left behind—  
and you might even pick up some new ones.

Here are some places where germs hang out:  
*(And we can live there for up to 2 hours!)*

Germs, germs everywhere...

what can you do?

You can wash your hands.

Use warm water and lots of soap

**scrub, scrub, scrub.**

Wash for as long as it takes to sing the ABCs or Happy Birthday (twice).

Scrub the top, scrub your palms, wash under your nails, and even your wrists.

Now

**rinse**

**rinse**

**rinse...**

Send those germs down the drain.

“Bye-bye germs!”

*(Use a clean towel to dry your hands)*

10 good times to wash your hands:

1. before you eat
2. after you eat
3. after you sneeze
4. after rubbing your eyes
5. after picking your nose
6. after playing outside or with pets
7. after counting your coins
8. after crying
9. after using the bathroom
10. whenever they're dirty!

That's 10 good times to wash your hands—one for each finger.

ALL CLEAN!

### A Few More Words About Germs

Grown-ups and kids can read this together!

- Germs are smaller than the human eye can see.
- Germs are everywhere.
- Some germs can make you sick.
- Your body is a germ fighter.
- Germs can get in through your eyes, nose, and mouth.
- Germs can get in through cuts and scrapes.
- Germs are not for sharing.
- Sneezing spreads germs.
- Coughing spreads germs.
- Hands spread germs.
- Germs live on surfaces.
- Washing your hands is a must.
- Keep an eye on your fingernails.
- Watch where you put your fingers.
- Watch what you put in your mouth.
- Keep tissues handy and use them.
- Keep the instant hand cleaner handy.
- Be careful who you kiss.

- Find other ways to stay clean and healthy.