

# Are you a Germ Spreader or a Germ Fighter?



## ***DID YOU KNOW?***

- **Handwashing is serious business.** About 1.8 million children under the age of 5 die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world.

### **Handwashing:**

- Reduces the number of people who get sick with diarrhea by 23-40%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 16-21%
- Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57%

Source: <https://www.cdc.gov/handwashing/why-handwashing.html>

## ***HERE'S WHAT YOU CAN DO***

- 1** Wash your hands often like before you eat, before you go to bed, after you go to the bathroom, if you have been outside or touched railings. Counting to 20 or singing "Happy Birthday" all the way through is the actual amount of time it takes to wash your hands for them to be clean and free of germs.
- 2** Parents, you play an important role in the art and science of handwashing. Lead by example. Get your kids to wash their hands with you and make it fun.

### **3 Make Your Own Bar of Soap**

- 1/2 cup of cornstarch
  - 1/8 cup of pure liquid soap or body wash
  - Food coloring
1. Have the kids measure the ingredients into a small bowl and mix with a spoon.
  2. Separate the white mixture into 2 or 3 smaller bowls.
  3. Have the kids add a couple drops of food coloring (e.g. McCormick's or other safe food coloring) to make soap of their favorite color.
  4. Dump the contents out onto a clean surface and knead until the soap is smooth and no longer sticky. (NOTE: Food coloring will not permanently stain hands. Use soap, water, vinegar if you have it, and a scrubby on a bath or kitchen sponge to remove any possible stains).
  5. To use the soap, the kids only have to pull a small piece off and rub their hands together under running water. Enjoy!



## ***FIND OUT MORE***

- Everything you wanted to know about washing your hands can be found at <https://www.cdc.gov/handwashing/>
- For a bunch of great reading books for the 2020 Imagine Your Story series, visit the National Library of Medicine Summer Reading site <https://nmlm.gov/initiatives/summer-reading>



# ARE YOU A GERM SPREADER OR A GERM FIGHTER? TRY THIS!

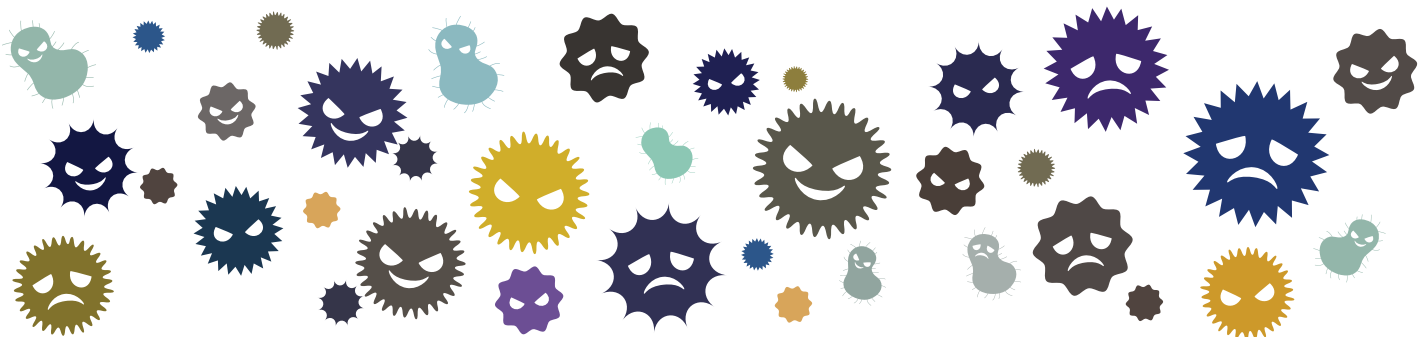
## What You Need:

- 1 medium-sized ball
- 1 large spoonful of flour, cornstarch or baby powder
- 1 plate or bowl
- 1 black or dark blue T-shirt
- Your Friends and Family



## Instructions:

- 1** Choose one person to be the *GERM SPREADER*. Have them put on the black or dark blue t-shirt.
- 2** Have the *GERM SPREADER* hold their hands over the plate or bowl.
- 3** Fill a large spoon with flour, cornstarch or baby powder and pour it into the hands of the *GERM SPREADER*.
- 4** Have the *GERM SPREADER* gently rub their hands together over the plate or bowl. Have the *GERM SPREADER* gently rub their hands all over the ball.
- 5** As the family and friends are standing in a circle, have the *GERM SPREADER* pass the ball around the circle. Repeat passing of the ball around the circle a couple more times.
- 6** Now have everyone check their hands. Have your family and friends shout out if they can see the white flour, cornstarch or baby powder on their hands.
- 7** For those who do not see the white flour, cornstarch or baby powder on their hands, have each wipe their hands on the black or dark blue t-shirt of the *GERM SPREADER*. Can you see white flour, cornstarch or baby powder on the t-shirt?



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