



Remember, those germs like to hide on your hands, and jump onto others, to spread and expand.

But you can prevent them from spreading that cough. Just turn on the faucet, and wash those germs off!



Wash Those Germs Away!



© 2006

ToucanEd Inc.

(888) 386-8226

www.toucaned.com



ToucanEd provides educational solutions in health and emergency preparedness.

For more information about preventing colds or the flu, visit the U.S. Centers for Disease Control and Prevention (CDC) Website

www.cdc.gov/flu

Illustrated by Jack Suter, written by Ann Smiley. Distributed by ToucanEd, www.toucaned.com 1 (888) 386-8226

Did you know ...

People have bunches of germs on their hands, that cause itchies and sneezies and sore swollen glands, and fevers and rashes and bad tummy aches, and one germ handshake is all that it takes.



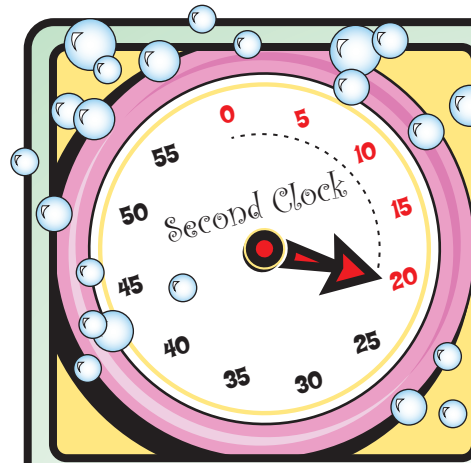
Germs are just waiting to make someone sick—they're tiny and grimy and boy, are they quick! But you can help stop them from spreading around by washing those germs off and rinsing them down.

Now this is important ...

There are things you must do to make sure those microbes get washed off of you.

Start with clean water to get your hands wet, and if it's warm water, then that's better yet.

Now add some soap and work up a nice lather, and scrub them or rub them, whichever you'd rather.



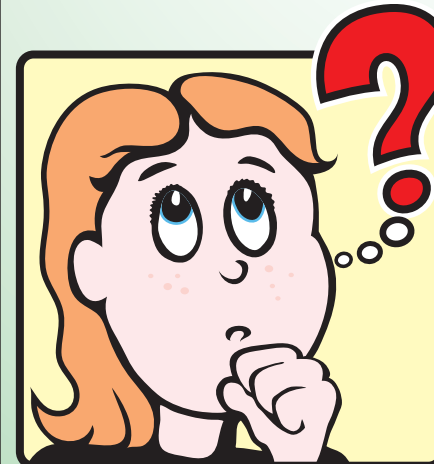
Wash for 20 seconds. Fifteen won't suffice! Just sing "Happy Birthday," not one time, but twice.

Now rinse them, and dry them with a paper towel or one of those blowers that restrooms have now.

If you're not near water at this very minute, use hand sanitizer with alcohol in it.

When should you wash up?

I'm glad that you asked. When coughing or sneezing, and during these tasks—



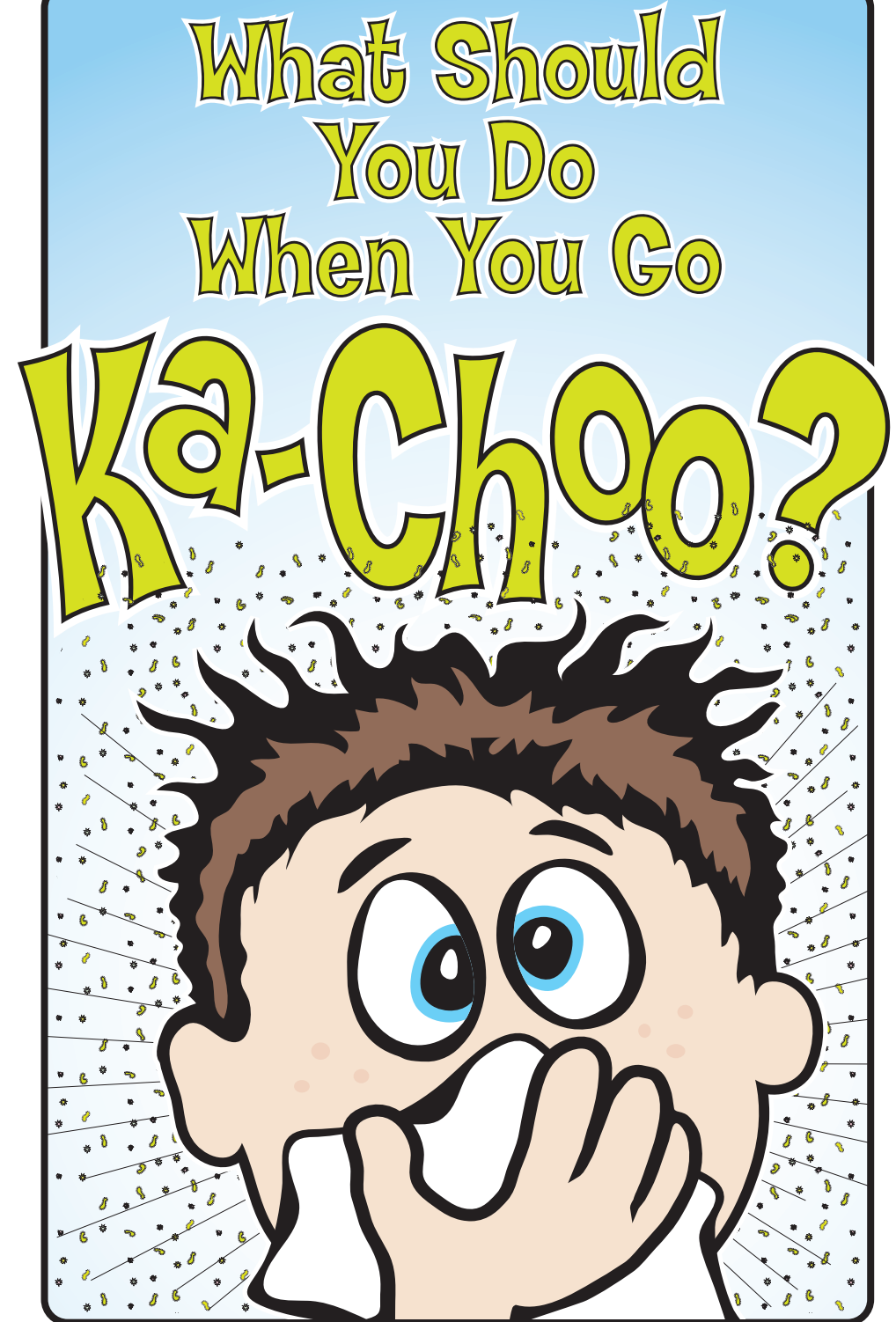
before you start cooking and after you're through, after the bathroom or going to the zoo or petting your kitty or dog, and what's more, while helping a sick friend or treating a sore.

Stop the Spread of Germs in Schools

- Approximately one-fifth of the U.S. population attends or works in schools (U.S. Department of Education 1999).
- Some viruses and bacteria can live from 20 minutes up to two hours or more on surfaces like cafeteria tables, doorknobs, and desks (Ansari 1988; Scott and Bloomfield 1989).
- Nearly 22 million school days are lost annually due to the common cold alone (CDC 1996).
- Addressing the spread of germs in schools is essential to the health of our students, our schools, and our nation.
- Students need to get plenty of sleep and physical activity, drink water, and eat nutritious food to help them stay healthy in the winter and all year.

For more information about preventing colds or the flu, visit the U.S. Centers for Disease Control and Prevention (CDC) Website

www.cdc.gov/flu



© 2006
ToucanEd Inc.
(888) 386-8226
www.toucaned.com



ToucanEd provides
educational solutions
in health and
emergency
preparedness.

Did you know ...

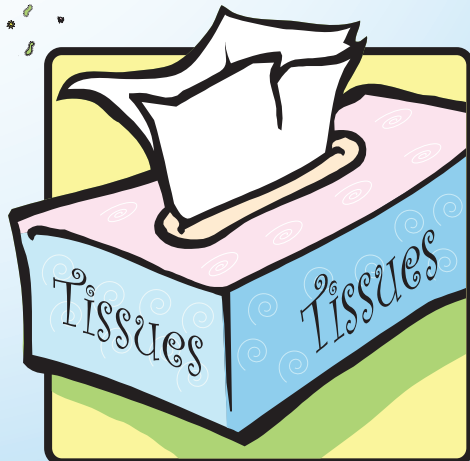
when somebody's sick,
with a cold or the flu,
and they cough, cough, cough
or they sneeze—
Ka-Choo!
that their friends
or their family
can catch those germs, too?



How can that happen?
How can that be?
'Cause all kinds of germs
you can't even see
fly out through the air
and land right on you
or maybe on me.

But you can help stop
spreading germs that cause flu.
It's simple. It's easy.
Here's what you do ...

Whenever you feel
a sniffle-ly sneeze
or a tickle-ly cough
or a whistle-ly wheeze,
don't let it out
'til you have tissue,
please.



Cover your mouth,
and cover your nose.
Now it's okay
to cough or to blow.
Remember used tissues
go into the trash.
Then wash up your hands
with a splish and a splash.

The trick is to use
warm water and soap
for at least 20 seconds.
Can you wash too long?
Nope!

Don't have a timer, a watch, or a clock?

Just sing "Happy Birthday"
while washing your hands,
then sing it again and
you'll be spic and span!



But what do you do
when you need to Ka-Choo
and you don't have a tissue
or a sink that's near you?

Sneeze into your shoulder!
Yes, that's the way
to help friends and family
keep flu-germs away,
so you'll all have more time
to go out and play.

