



HERE

For Healthy Schools



Let's Learn
About Germs!



What are Germs?

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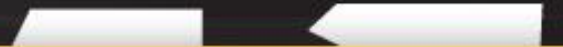
Germs:

- Found all over the world, in all kinds of places
- Tiny living things that can make us sick
- So small that you need to use a microscope to see them
- Three major types of germs: Viruses, Bacteria and Fungi





How are
Germs Spread?



5 Ways to Spread Germs



Airborne: Sneezing, coughing or talking can send germs into the air where they're inhaled by other people.



Vector Born: Germs carried by animals or insects like rats, mosquitos and flies.



Direct Contact: Physical contact between people.

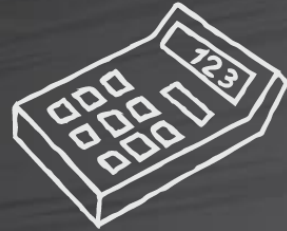


Indirect Contact: Contact with contaminated surfaces and objects.



Contaminated food and water.

The Journey of a Germ



The Source:

A person who is sick touches their eyes or nose, transferring germs to their hands.



The Transfer:

The person then touches an object like a calculator, transferring the germs from hand to surface.



The Spread:

Later, another person touches the calculator, picking up the germs on their hands.



The Cycle:

This person then touches their eyes or nose, transferring the germs to a site where it can cause illness.



Help Stop the
Spread of Germs

Let's Learn Some Healthy Habits



**Proper
Handwashing
Techniques**



**Cough and Sneeze
Etiquette**




**Good Diet and
Exercise**



**Rest up when
you're feeling down**

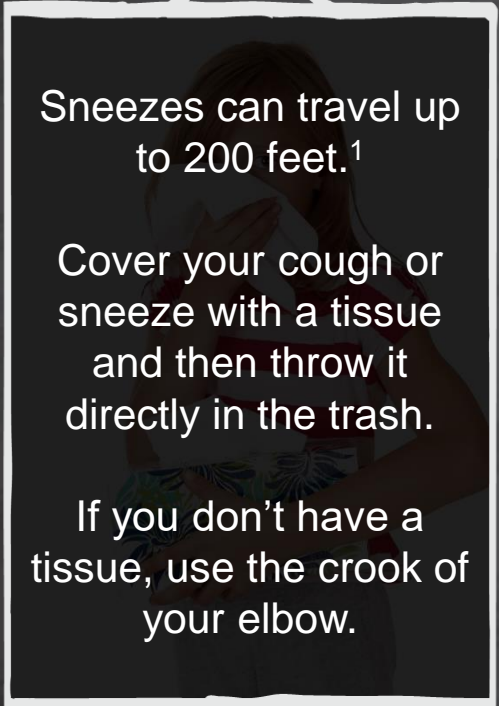
Let's Learn Some Healthy Habits



Wash your hands often with soap and water for at least 20 seconds.

Wet your hands with running water, lather all over with soap, scrub, rinse, then dry your hands.

Proper Handwashing Techniques

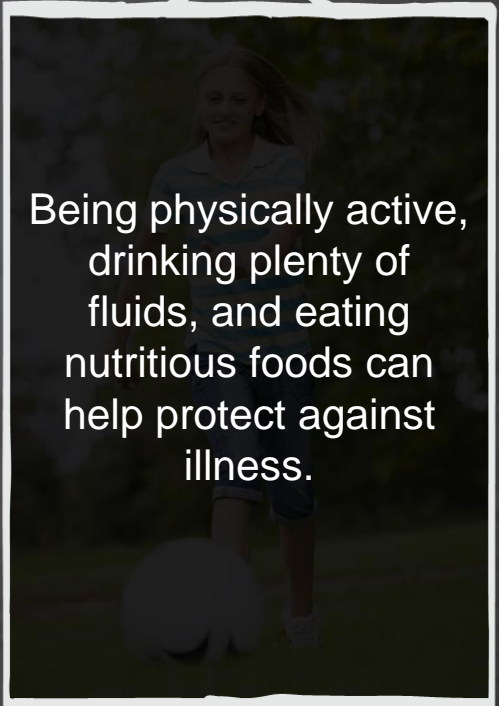


Sneezes can travel up to 200 feet.¹

Cover your cough or sneeze with a tissue and then throw it directly in the trash.

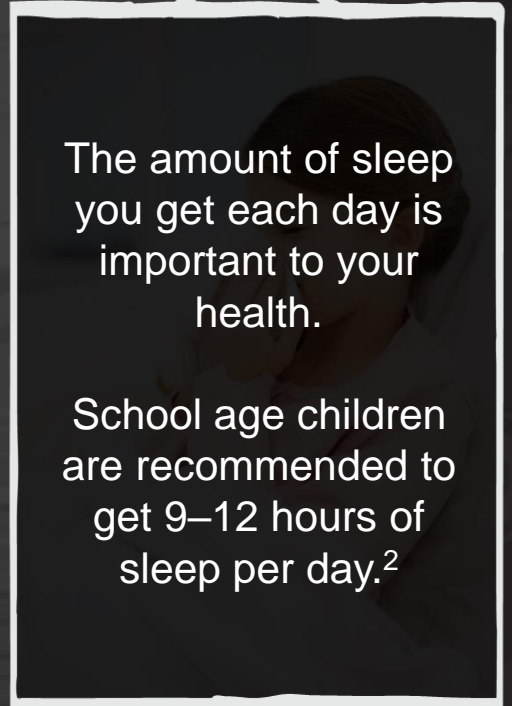
If you don't have a tissue, use the crook of your elbow.

Cough and Sneeze Etiquette



Being physically active, drinking plenty of fluids, and eating nutritious foods can help protect against illness.

Good Diet and Exercise



The amount of sleep you get each day is important to your health.

School age children are recommended to get 9–12 hours of sleep per day.²

Rest up when you're feeling down

1. Massachusetts Institute of Technology. "In the cloud: How coughs and sneezes float farther than you think." Published April 2014

2. Centers of Disease Control and Prevention. "How Much Sleep Do I Need."

Why Is It Important?

- Have you ever had the flu or a cold?
- When you had the flu or a cold, did you have to miss school? A friend's birthday party? A trip to the movies?
- How did you feel having to miss these activities?
- What were some of the things you missed when you had to stay home?
- What are some things you can do to help make sure you stay healthy?





Remember these Healthy Habits:

1. Wash your hands with soap and water for at least 20 seconds.
2. Cover your cough or sneeze.
3. Be physically active, drink lots of fluids, and eat nutritious foods.
4. Get plenty of rest every night.



What Did We
Learn Today?

What Are Germs?

- Germs are tiny living things that can make us sick. They are found all over the world, but they are so small that you need a microscope to see them.
- The three major types of germs are viruses, bacteria and fungi.
- But not all bacteria and fungi are bad for us – in fact, most are very important for life on our planet and to keep us healthy. For example, bacteria and mold help break down the leaves that fall from trees and recycle their nutrients back into the soil for plants to grow next spring. We also have friendly bacteria in our gut that help digest food and produce vitamins for us.

How Do Germ Spread?

- **Airborne:** Sneezing, coughing or talking can send germs into the air where they're inhaled by other people.
- **Vector Born:** Germs carried by animals or insects like rats, mosquitoes and flies.
- **Direct Contact:** Physical contact between people.
- **Indirect Contact:** Contact with contaminated surfaced and objects.

The Journey of a Germ

- **The Source:** A person who is sick touches their eyes or nose, transferring germs to their hands.
- **The Transfer:** The person then touches an object like a pencil, transferring the germs from hand to surface.
- **The Spread:** Later, another person touches the pencil, picking up the germs on their hands.
- **The Cycle:** This person then touches their eyes or nose, transferring the germs to a site where it can cause illness.

How to Help Stop the Spread of Germs

- **Proper Handwashing:** Scrub your hands with soap and running water for at least 20 seconds. Be sure to lather the back of your hands, between your fingers and under your nails!
- **Cough and Sneeze Etiquette:** Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands.
- **Avoid Touching Your Face:** Germs can spread when you touch something that is contaminated and then you touch your eyes, nose or mouth. Germs can enter your body this way and make you sick.
- **Practice Other Healthy Habits:** Choosing a balanced diet and healthy eating, getting plenty of physical activity, and resting up when you're feeling down are all part of a healthy lifestyle to help avoid getting sick.