

I AM A

**HANDWASH HERO**

**FIGHT  
GERMS!**

**WASH  
HANDS!**



**HELP YOUR  
FAMILY!**

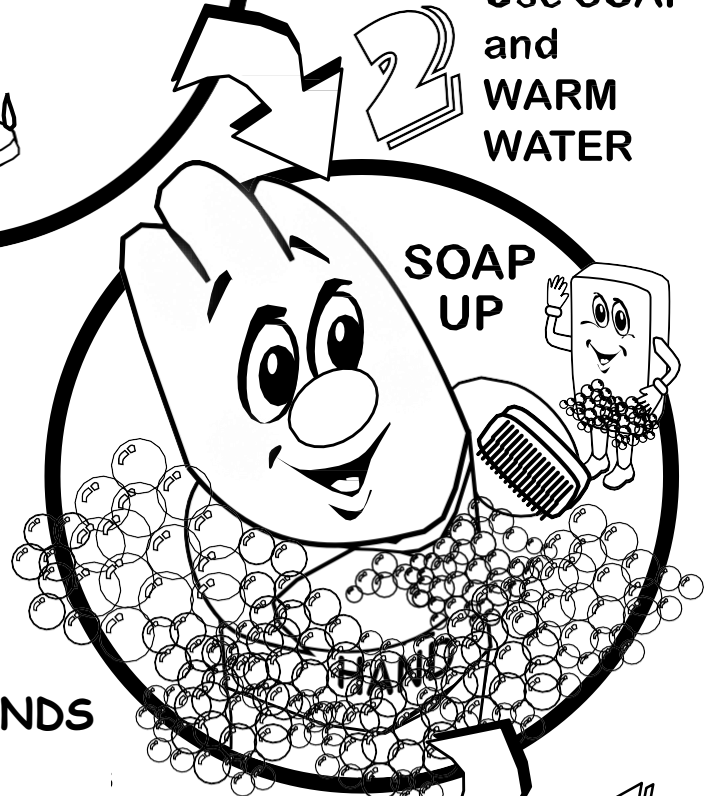


# What are the steps in handwashing?

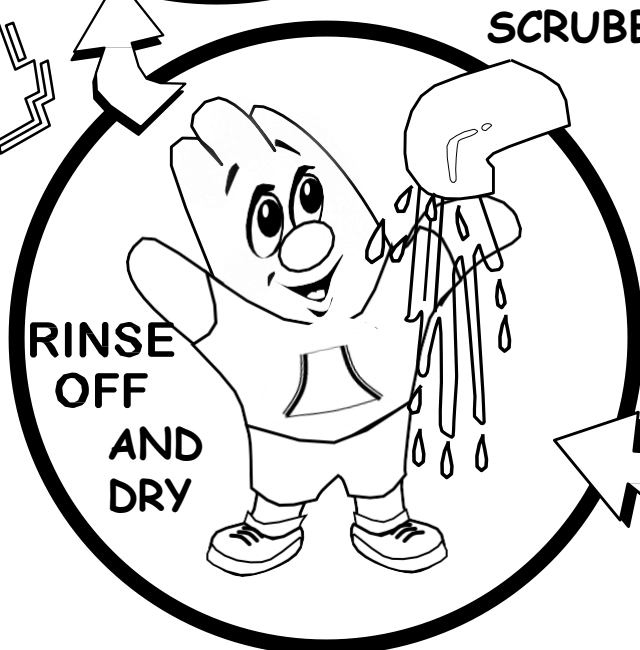
If you don't get rid of dirty water, you can pick the germs up next time!



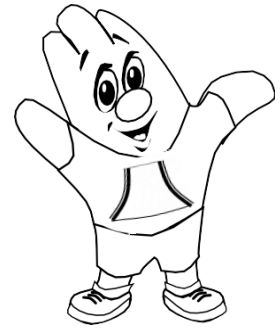
Use SOAP and WARM WATER



20 SECONDS OF SCRUBBING!!



# Henry the Hand's Helpful Definitions



## GERM

A germ is a tiny organism that makes you sick. They are so small they can only be seen with a microscope! Two types of germs are viruses and bacteria. Washing your hands is the best way to prevent germs from spreading!

## BACTERIA



Bacteria are the simplest living things. They are single-celled organisms that are everywhere, from the soil that plants grow in to inside of you! Most bacteria are harmless or helpful. Some bacteria make you sick, like streptococcus causes strep throat.

**Example: Strep throat, food poisoning, tuberculosis**



## VIRUS

A virus is a very, very, very tiny particle that gets inside of living things. Viruses can't live on their own! You pick up viruses by touching other things. Once inside you, viruses make you sick with illnesses like the cold and the flu.

**Example: Common Cold, influenza, chicken pox**

## QUESTIONS!

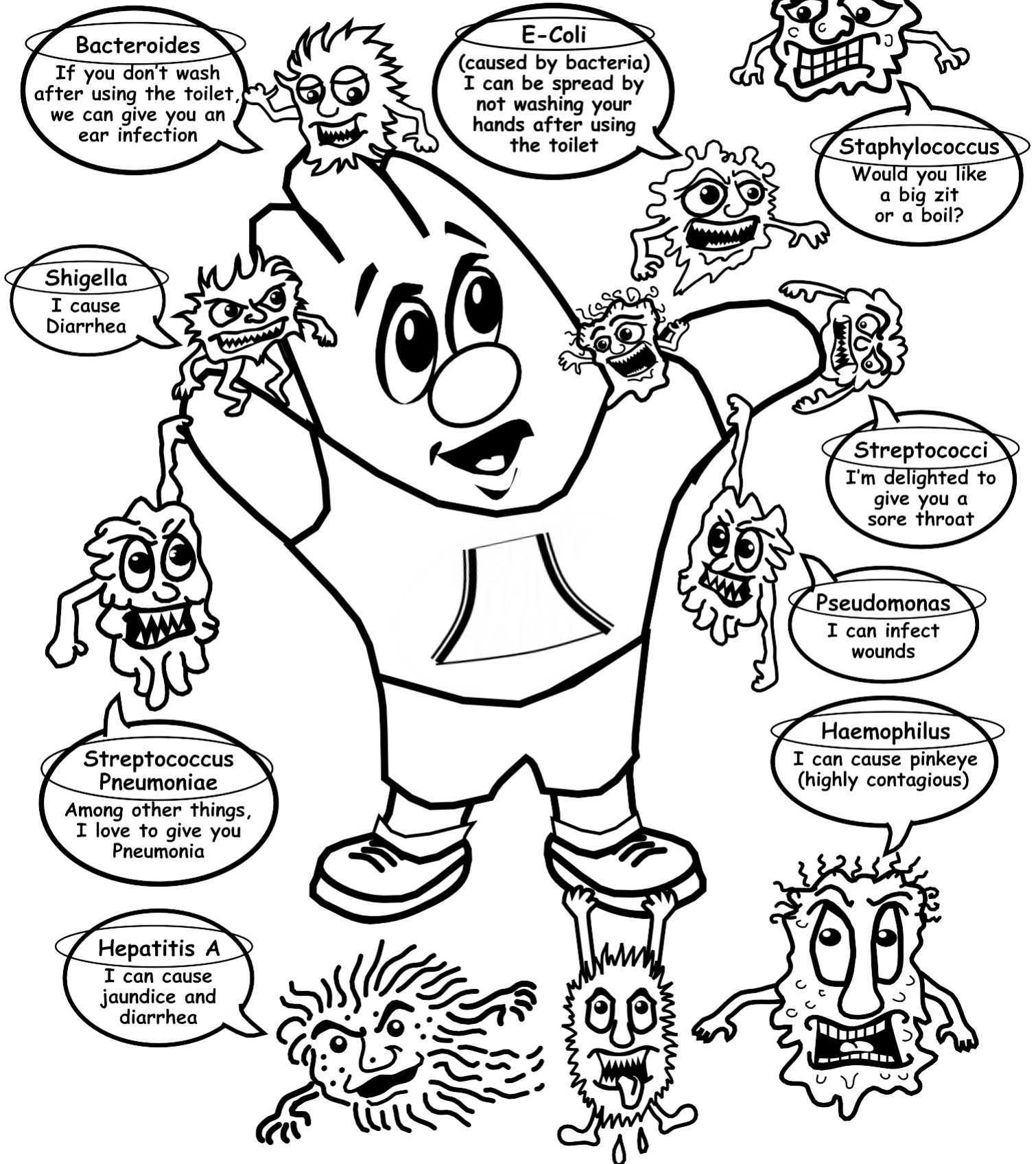
Are viruses or bacteria living things? \_\_\_\_\_

Can you see germs with your eyes? \_\_\_\_\_

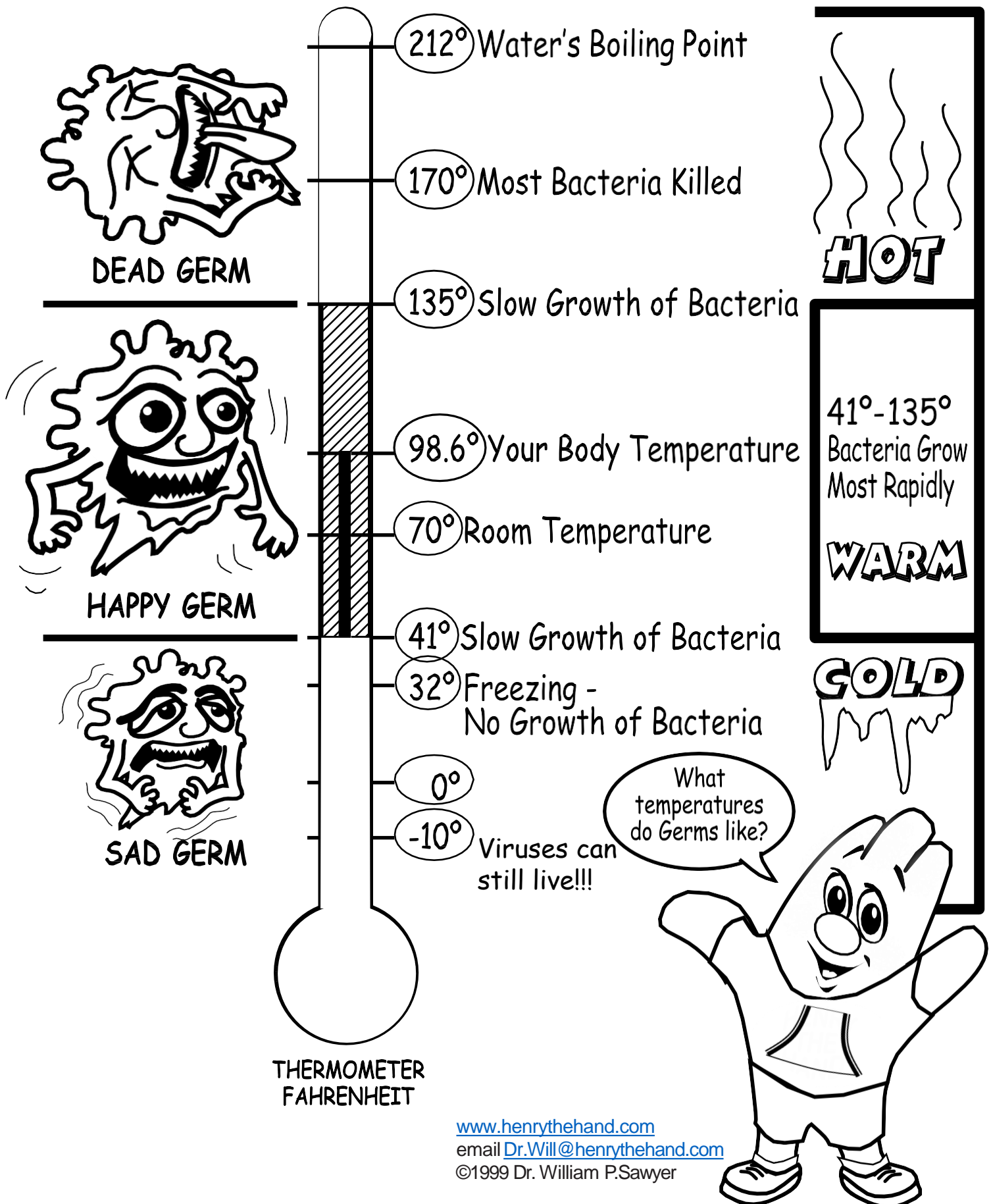
What is a sickness that viruses can cause? \_\_\_\_\_

What is the best way to protect yourself from viruses and bacteria? \_\_\_\_\_

# Do you know what germs could be on your hands?



# How do temperatures affect germs?





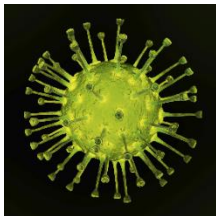
# Can you name the germ?

Use the secret code to figure out the name of each virus or bacteria! (Answers on Page 12)

secret code letter

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

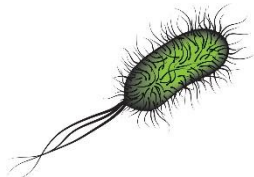
actual letter



X S R X P V M      K L C

\_\_\_\_\_

This virus causes a very itchy rash!



V    X L O R

—      —

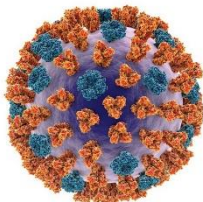
This bacteria causes food poisoning, so wash your hands before eating!



H G I V K G L X L X X F H

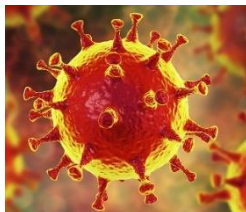
\_\_\_\_\_

Makes your throat hurt!



R M U O F V M A Z

\_\_\_\_\_



X L E R W - 19

\_\_\_\_\_



**EXTRA FUN!**

Draw a circle around the viruses  
Draw a square around the bacteria

**HEY!**

**This is how fast germs can multiply and spread if you do not wash your hands and get rid of dirty water!**



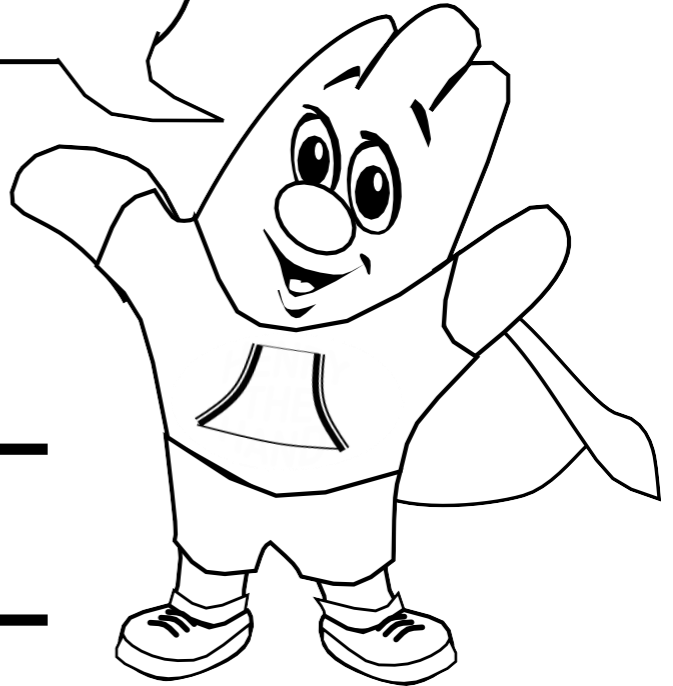
$$1 \times \underline{\quad} = 5$$

$$5 \times 5 = \underline{\quad}$$

$$25 \times 5 = \underline{\quad}$$

$$125 \times 5 = \underline{\quad}$$

$$625 \times 5 = \underline{\quad} ?$$



Thank you for helping  
"Spread the Word, Not the Germs" !

**WASH YOUR HANDS!**

# What's in my wash basin?

If you touched this today, color in the corresponding number of germs in the wash basin!



**5 germs**



**10 germs**



**8 germs**



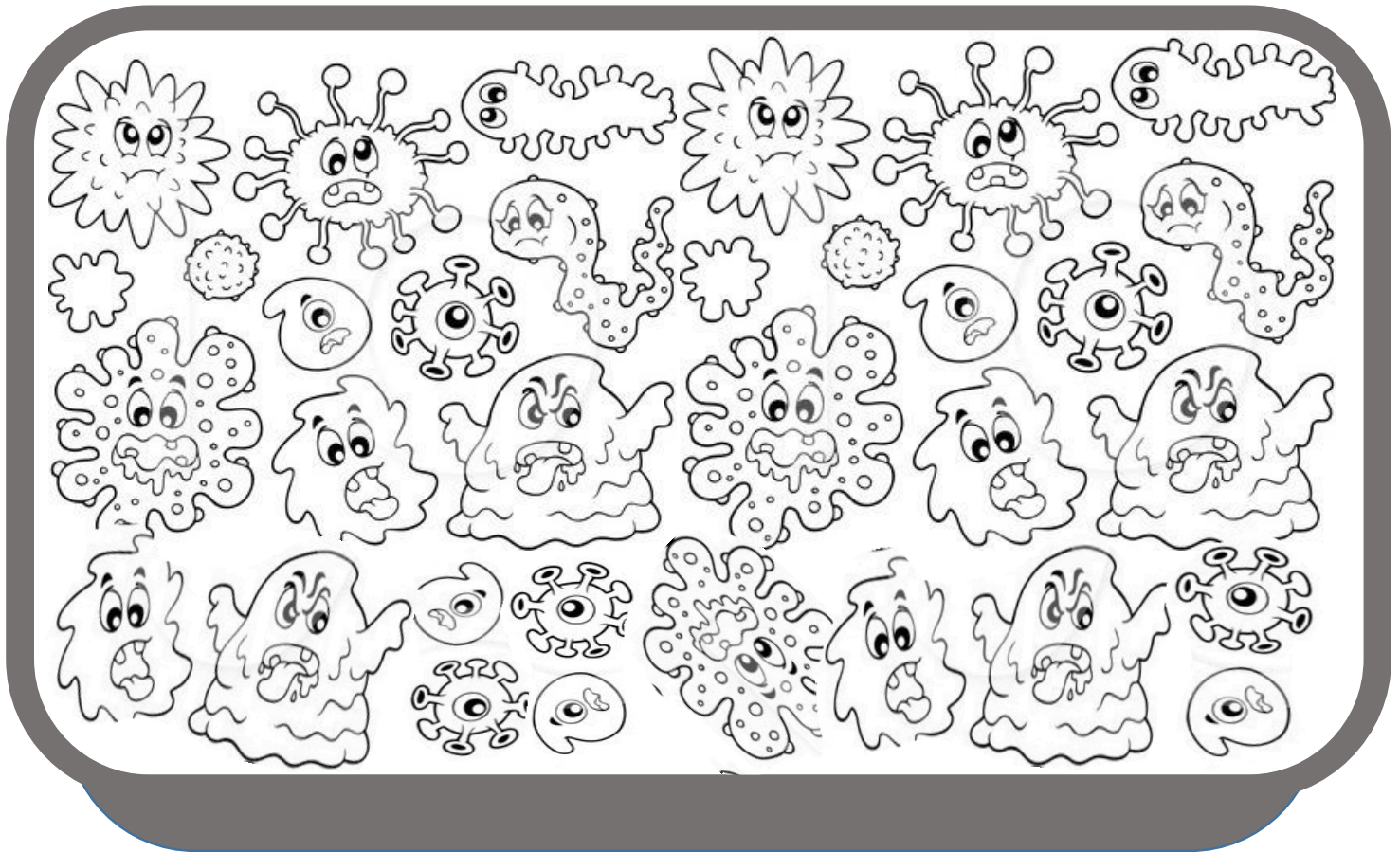
**2 germs**



**5 germs**



**2 germs**



1. How many germs did you color in?

2. Multiply the number in the box by 2 (for 2 hands!): \_\_\_\_\_

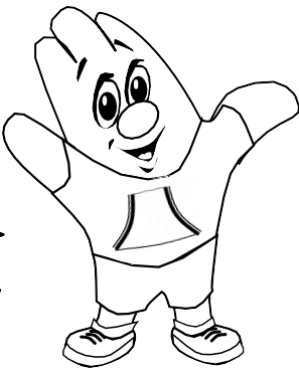
3. Multiply the number underlined by 1,000:

**This is how many germs are on your hands!**

**After you wash your hands, these germs end up in the wash basin!**



START



**Can you be a hero and help Henry the Hand wash his hands?**



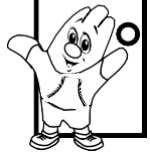
DID NOT WASH HANDS



RESTROOMS

BOYS

GIRLS



HENRY STOPPED AT THE BATHROOM

HENRY GOT DIRTY



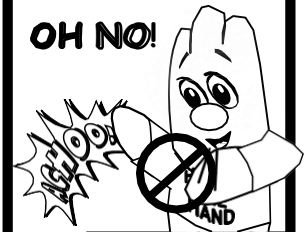
HENRY WASHES HIS HANDS!



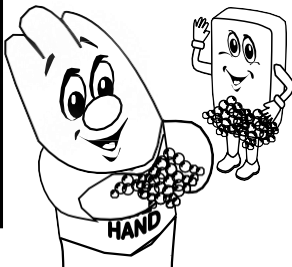
DID NOT DUMP BASIN



SNEEZED ON HIS HANDS!  
OH NO!



HENRY WASHES HIS HANDS!

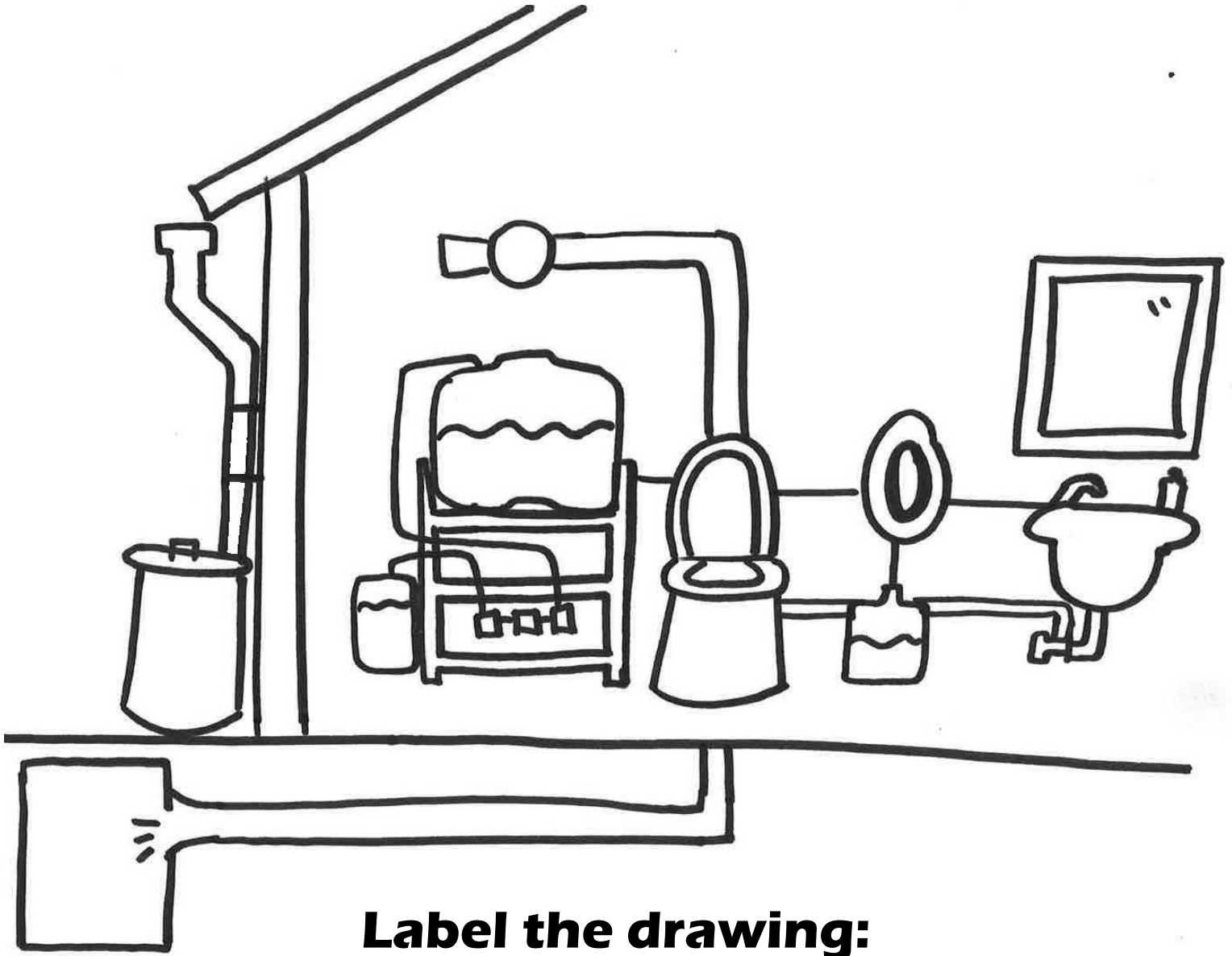


WITH SOAP!

DID NOT DUMP BASIN



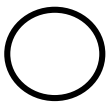
# Color in the PASS!



**Label the drawing:**



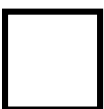
Use an **ARROW** to show where you add water to the water tank



Use a **CIRCLE** to show where your PASS system filters the water, getting rid of germs and dirt!

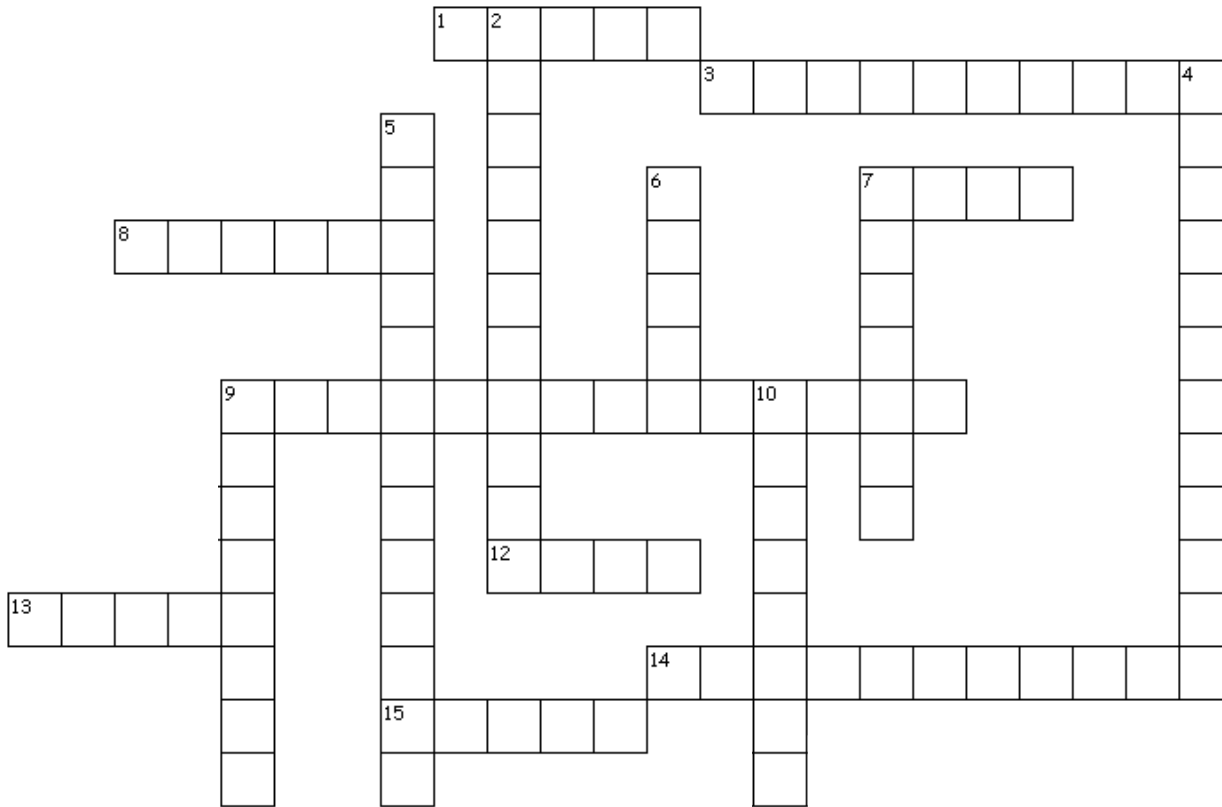


Use a **STAR** to show where you wash your hands



Use a **SQUARE** to show where dirty water goes after it goes down the sink drain!

# HANDWASH HERO PUZZLE



**Word bank on next page (pg. 12)!**

## Across

1. Wash your hands \_\_\_\_\_ you use the bathroom.
3. This is a virus that causes a runny nose, sore throat, and cough. You've probably had it before – maybe this year. Washing your hands is the best way to protect yourself!!
7. \_\_\_\_\_ your wash basin every time you use it to wash your hands.
8. Wash your hands \_\_\_\_\_ you cook or eat food.
9. Wash your hands after you do this. Think how many germs are on the ball!
12. Use this every time you wash your hands to get rid of germs! Be sure to lather the back of your hands, fingernails, and between your fingers.
13. This is a tiny particle that gets in your cells and causes diseases like the flu and chicken pox.
14. Washing your hands is the BEST way to protect against this virus that is spreading around the world.
15. \_\_\_\_\_ your sink every time you wash your hands. If you re-use water, germs will stick around.

## Down

2. Germs like to live in this part of your hand. Wash them really well!!
4. Do this after you wash your hand. Be sure to use a clean towel. Your hands spread 1,000 times more germs when they are wet!
5. Wash your hands for this long!
6. There are more germs on this surface than on your toilet seat!
7. The number of germs on your hands \_\_\_\_\_ after you use the toilet.
9. This is a great place to wash your hands in your house!
10. This is a single-celled organism in your body. You have trillions of them! 99% are good, and help you do things like digest food, but some cause sicknesses like food poisoning. Wash hands to keep out bad ones!

# HANDWASH HERO PUZZLE

## WORD BANK

Before

After

Twenty Seconds

Happy Birthday

Virus

Bacteria

Common Cold

Coronavirus

Doubles

Dry Your Hands

Soap

Dump

Drain

PASS Sink

Play Basketball

Phone

Fingernails



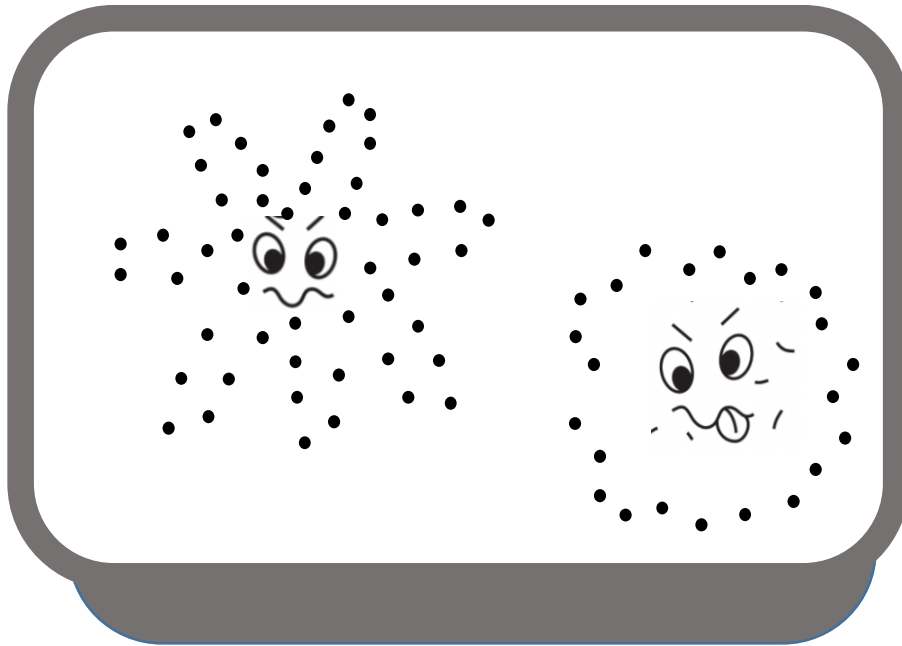
### **Answers to “Can You Name the Germ”**

1. Chicken Pox – Virus
2. E Coli – Bacteria
3. Streptococcus – Bacteria
4. Influenza – Virus
5. Covid 19 – Virus



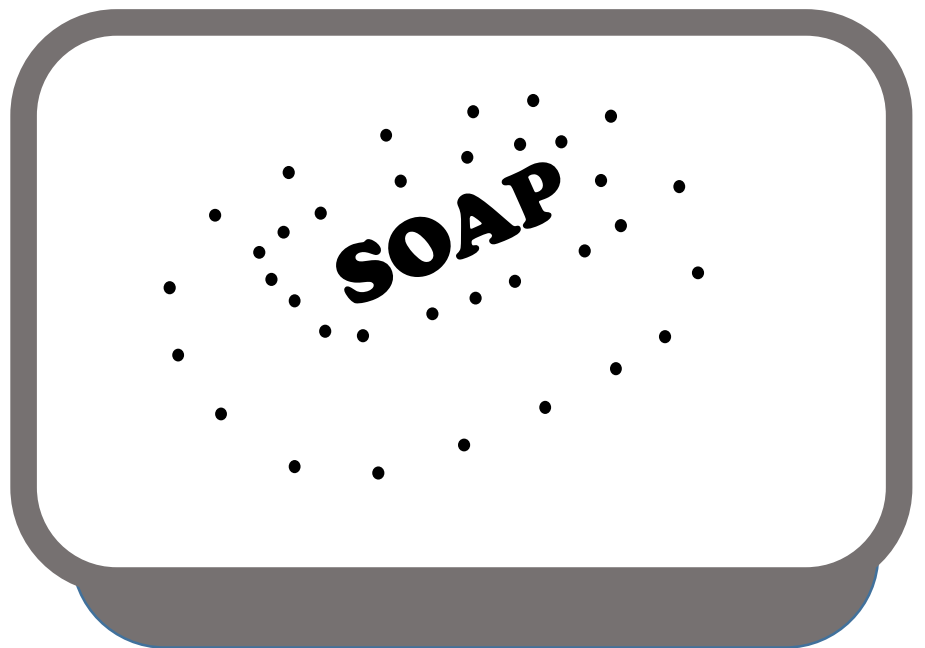
# CHOOSE YOUR WASHBASIN

Connect the dots in each wash basin. Then **circle the basin** you would use to wash your hands, and **draw an X** through the basin you would **DUMP** or **DRAIN**!



What color  
is water in a  
dirty wash  
basin?

What color  
is water in a  
clean wash  
basin?



**What should you do if you go to wash your hands and the water in the basin is dirty?** \_\_\_\_\_

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# **HOW LONG IS 20 SECONDS?**

It is very important to scrub your hands with soap and water for 20 seconds so you destroy all the germs!

1. Think of a song you love.
2. Set a timer for 20 seconds or ask a friend to time 20 seconds for you.
3. Sing the song until you reach 20 seconds.
4. Write down the 20 seconds of lyrics here:

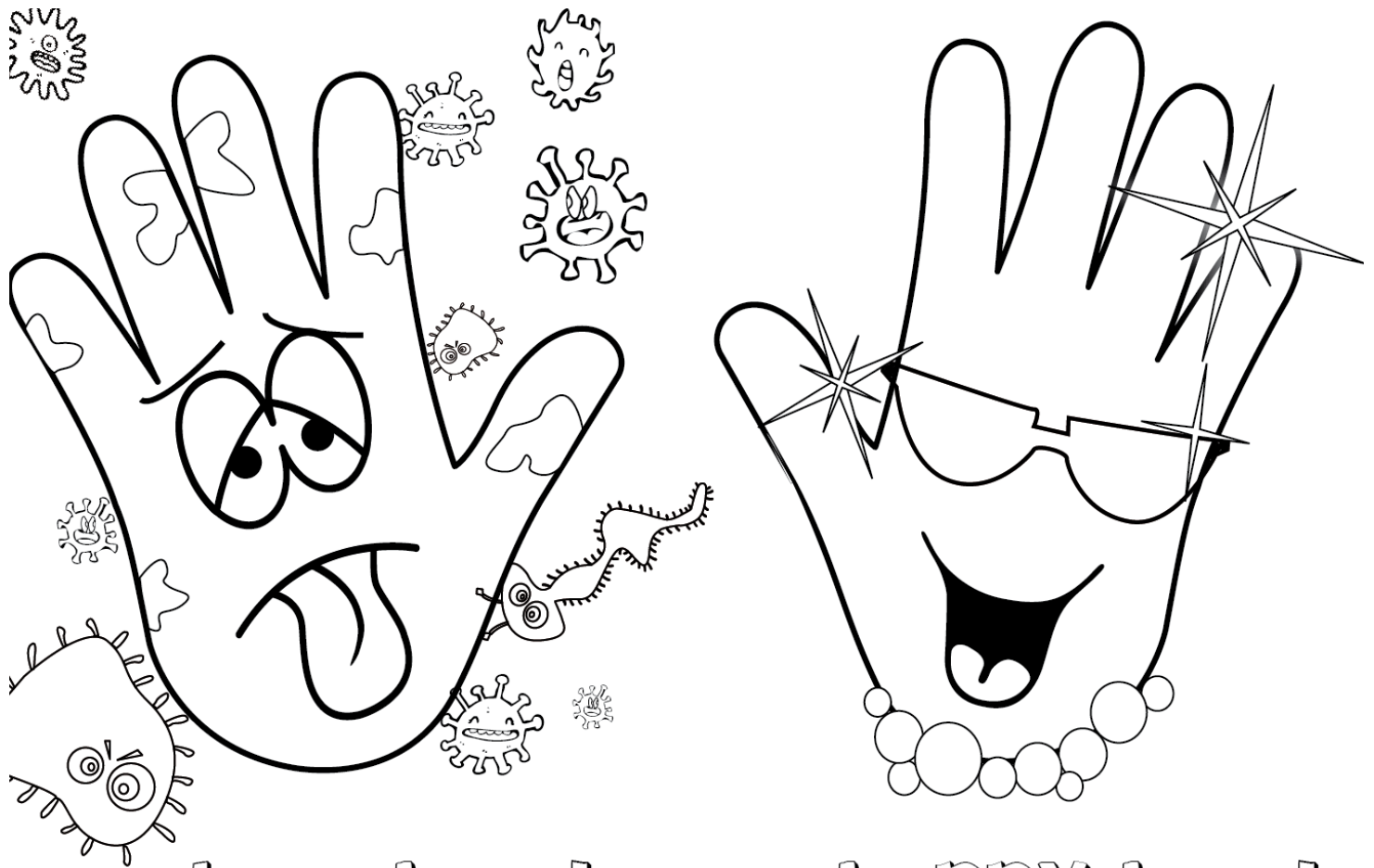


**Sing these words whenever you  
wash your hands!**

# **PLEDGE TO BE A HANDWASH HERO!**

1. Place your hand down on the paper with your palm over the pledge.
2. Trace your hand using a pencil.
3. In each finger, write something you learned from this book.
4. Color in your hand!

**I pledge to be a  
Handwash  
Hero!**



clean hands are happy hands

---

(your name here)

**is a HANDWASH  
HERO!**

## Sources:

<https://www.henrythehand.com/>

<https://www.cdc.gov/handwashing/posters.html>

<https://www.debgroupp.com/us>

