

## Environmental Health Explorer Educator Guide

The *Environmental Health Explorer Activity Book* (EHE) was created to be a youth outreach tool for IGAP coordinators, teachers and educators, and other community members looking to provide environmental health education in their community. **Physical copies are available upon request for Alaskan communities.**

Target audience: kids age 5-13 (but feel free to provide a book to anyone of any age who is interested in completing it.)

### Suggested process:

1. **Give out the books and explain how it works.** Tell participants to return to you when they have completed the appropriate number of pages. Participants should try to complete as many pages as they are years old. So if a child is 10 years old, they should try to complete at least 10 activity pages. (These goals can be adjusted to better fit your needs and activity plans.)
2. **Check their work.** For the open ended drawing or writing activities, give credit as long as they put in some effort. Consider asking about one or two of these activities to check knowledge/start a dialogue. For the activities that have an answer key (pages 3, 5, 6, and 11), check their answers, correct any errors, and discuss any missed questions.
3. **Sign the certificate, recite the pledge, and give out reward item (if available).** Complete the certificate page (last page) by filling in the participant's name (environmental health explorer's name), date, and your name (educator's signature). Then flip to the first page, have them raise their right hand, and recite the EHE pledge (either by reading it aloud or by repeating after you). Then, if available, give them an EHE reward item.

Feel free to adapt these books and the process to best fit your educational activities, community, or audience.

### Considerations:

- EHE books could be used as take home material and can be paired with a class lesson, educational event, or other program.
- To encourage participants to complete the book, it might be useful to give them a deadline for completion or to organize a follow-up activity where they should return with a completed book.
- Encourage children to ask their families for help. This can be an opportunity for family members to also learn and think about environmental health topics in the community.

Thanks for doing all you do to improve environmental health across Alaska and working to educate and inspire the next generation to care about environmental health too!

For any questions, advice, or to request physical copies of the activity books, please contact the ANTHC Community Environment and Health Department at 907-729-4043 or [ceh@anthc.org](mailto:ceh@anthc.org).

A downloadable PDF version of the *Environmental Health Explorer Activity Book* is available at: <https://anthc.org/what-we-do/community-environment-and-health/environmental-health-field-services/>



## Answer Key

### Why do we wash our hands?

Germs live all over the place, like on phones, tablets, door knobs, and tables. A lot of the time they get into our bodies by riding on our hands. Our hands always have lots of germs on them since we use them to touch so many things. Then when we touch our mouths, eyes, or even when we eat food with our hands, the germs can get into our bodies and make us sick.

Luckily we can get rid of most bad germs before they can even get into our bodies by washing our hands with soap. And it only takes **20 seconds!**

Place a mark in the box if you should wash your hands before or after each activity. Some might be before AND after.

Before	After	
X		Eating
X		Cooking food
X	X	Preparing fish
X	X	Touching or treating a cut
	X	Going to the bathroom
	X	Blowing your nose or coughing
	X	Taking out the trash
	X	Playing outside
	X	Playing with your pet

Do you know how many things you touch with your hands in a day? 10? 100? 1,000? Try to count and write your number here.

                    

**SOAP**

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## Page 3 – Why do we wash our hands?

Instructions: place a mark in the box if you should wash your hands before or after each activity. Some might be before AND after.

At least these boxes should be marked off.

\*Feel free to accept marks in additional boxes. For example, depending on what you eat or cook, you may want to wash your hands before and after eating and cooking food.

### Where does our safe drinking water come from?

Bad germs can also live in water. That is why we can get sick if we drink water from rivers or ponds. So where does our safe water come from? We have our water plant operators, the people who test and treat our water before it enters our homes, to thank for that. They take water from a river, a pond, or from underground and clean it for us so we can stay healthy!

In Alaska, people get their drinking water in many different ways. Some people have pipes that run water from the water plant into their home. Sometimes the water plant operator hauls water to people's homes or people haul water themselves.

Complete the water treatment maze from start to end to learn how your water becomes safe to drink!

**Start**

Your water goes through filters made of coal, sand, and other materials that trap dirt and germs.

A small amount of Chlorine (KLO-reen) is added to kill any dangerous germs that could make you sick.

All water has a mineral called Fluoride (FLOOR-ide) in it, but some places add more to help protect your teeth.

Your water plant operator takes samples of your water to make sure it stays safe to drink.

**End**

Now your water is safe to drink and ready for you to use!

Your water gets stored in a large tank so it's ready when you need it.

Do you know who your water plant operator is? Maybe the next time you see them you can remember to thank them for your safe drinking water!

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## Page 5 – Where does our safe water come from?

Instructions: Complete the water treatment maze from start to end to learn how your water becomes safe to drink!

# Answer Key

## Is your home a healthy home?

We spend a lot of time in our homes so they should be healthy too!

Homes need to **breathe**, just like we need to breathe. Opening **windows** or using vents can let fresh air in and polluted air out.

Smoke detectors can help **alert** you if there is a fire.

Smoke from **wood stoves** should go outside. If a wood stove is leaking, the smoke can stay inside and **pollute** your indoor air.

Guns should be **locked up** so no one accidentally hurts themselves. Kids should never play with guns.

Cleaning **chemicals**, gasoline, and even chemicals from working on engines inside can pollute your **indoor air**. Keeping chemicals put away and locked up can help prevent accidents.

Find the 8 bold words from above in the word search below.



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## Page 6 – Is your home a healthy home?

Instructions: Find the 8 bold words from above in the word search below.

Words include:

- BREATHE
- WINDOWS
- ALERT
- WOOD STOVES
- POLLUTE
- LOCKED UP
- CHEMICALS
- INDOOR AIR

## Are you prepared for an emergency?

An emergency can happen with no warning, so it's important to be prepared. Staying prepared is extra important in places with a lot of natural disasters. Alaska has many natural disaster emergencies like: earthquakes, wildfires, flood, volcanoes, and tsunamis.

One way to be prepared is to have an emergency plan with your family, so you know what to do during an emergency. What is your escape route during a fire? What should you do during an earthquake? If you don't know, ask your family about your emergency plan.

Another way to be prepared is to have an emergency bag packed and ready to leave your house. Below, circle the things you would put in your emergency bag.



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## Page 11 – Are you prepared for an emergency?

Instructions: Below, circle the things you would put in your emergency bag.

These items should be circled. The sandwich and bananas are not circled because they are perishable foods.

\* If other supplies are circled and they give a good reason, feel free to accept those answers too.