





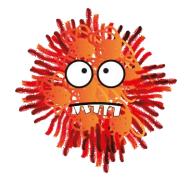
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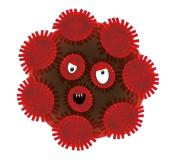


Germs are tiny bugs also called micro-organisms or microbes.





Micro means tiny and organism means a living creature.



Micro-organisms are so small that we can't see them with our eyes.





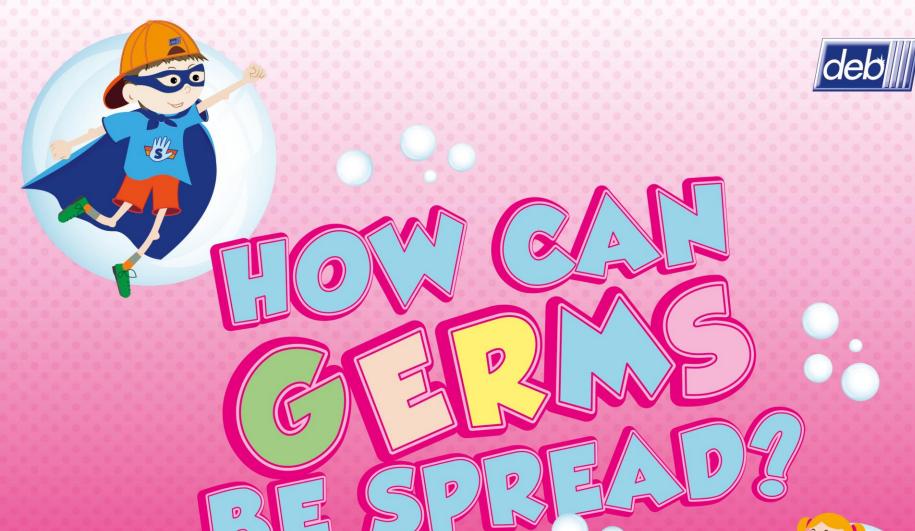




Germs are everywhere, in soil, air, dirty water, on your skin and in your tummy.



Some germs are good for us but some germs can give us upset tummies, colds and coughs.







How can germs be spread?





Toys



Door handles



Pets and animals



Holding hands





CONCARME STOP GENES FROM SPREADINGS



We can wash them off easily using soap and water.







WIESE SEOUP AND SEOUP AND









At home,



at school and

everywhere we go.



Always wash your hands Before...









Going to bed



Cleaning your teeth



Always wash your hands After...





Using the toilet



Touching or feeding the pet



Always wash your hands After...





Touching rubbish or anything dirty



Blowing a nose, coughing or sneezing

Always wash your hands After...





Getting home from school



Playing outside







HOWSHOUTE BY SECONDARY OF THE PROPERTY OF THE







We should wash our hands using soap and water to help stop the spread of germs.









WINSHOULD WASHINGTON







Wet both hands



Push button once for a squirt of foam soap



Rub the front of your hands together



Rub in between your fingers and thumbs







Rub the back of each hand



Rub your fingertips on the palm of each hand



Rub each thumb with your other hand



Rub each wrist with your other hand







on your hands

Make sure that





Dry your hands really well



When we have learnt how to wash our hands properly we get a certificate and sticker!



