



# HYGIENE SCHOOL BOOK

Learn how to wash and dry your  
hands and stay healthy

2nd edition





# TINY HEROES AND VILLAINS

**Did you know that tiny things live all around us.**

Sometimes they are so small that you cannot even see them. If you fill your bucket with sand at the seaside, you might have the same number of these tiny things under your finger nail as you have sand grains in your bucket.

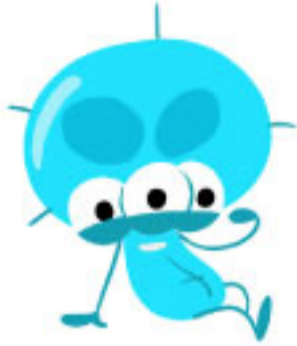
**Some of these little things are good for us.** They take care of our tummies and handle our food waste, just like little dustmen. Some are used to make medicines – they are like tiny doctors!

**But some make people sick.** We call them bugs. Do you remember when you were sick? You might have had a sore throat or tummy ache, and that's because bugs got into your body - probably when you touched your food after touching a bug, or put your hands in your mouth.



# DIFFERENT KIND OF BUGS

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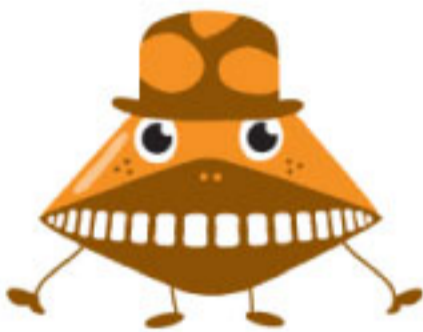
**Bacteria** live everywhere. They can give you a sore head or a sore ear or make you sick.

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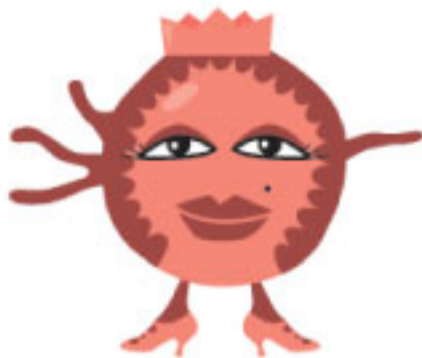
**Viruses** live inside a plant, person or animal. They cause illnesses like chicken pox, which will make you itchy and spotty.

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**Fungi** are a bit like plants, and like to live in damp, warm places, like shower rooms. Fungi can make you itch and smell.

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**Protozoa** live in water. They can give you a tummy ache, make you sick or make you need the toilet a lot.



# HOW DO BUGS GET IN TO OUR BODY?

Well they might come from:

- Other people, when we touch their hands
- Things other people have touched, like footballs, phones, door handles, lift buttons or computers
- Animals
- Dirt when we play outdoors
- Places that lots of people use, like shops, buses and trains and public toilets

We might touch these things and then put our hands in our mouths, or on our food. So we should wash and dry our hands lots of times through the day! Making sure we do not spread bugs is what “good hygiene” is all about. The most important thing to do is to keep your hands nice and clean.



# PASS THE BUG



Play this fun game to see how bugs spread around.

1. Stand next to each other and form a circle.
2. One child covers his/her hand with paint, glitter or flour.
3. Now he/she shakes hands with the next child, and then the next child shakes hands with the next one until the whole circle has shaken hands.
4. Now take a look at your hands. Bugs can spread from person to person just like the paint, glitter or flour.

That's why washing hands can stop you getting sick!  
Now wash your hands!



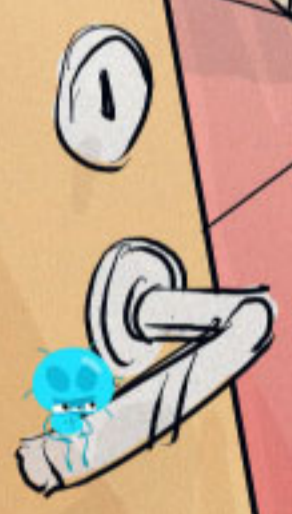




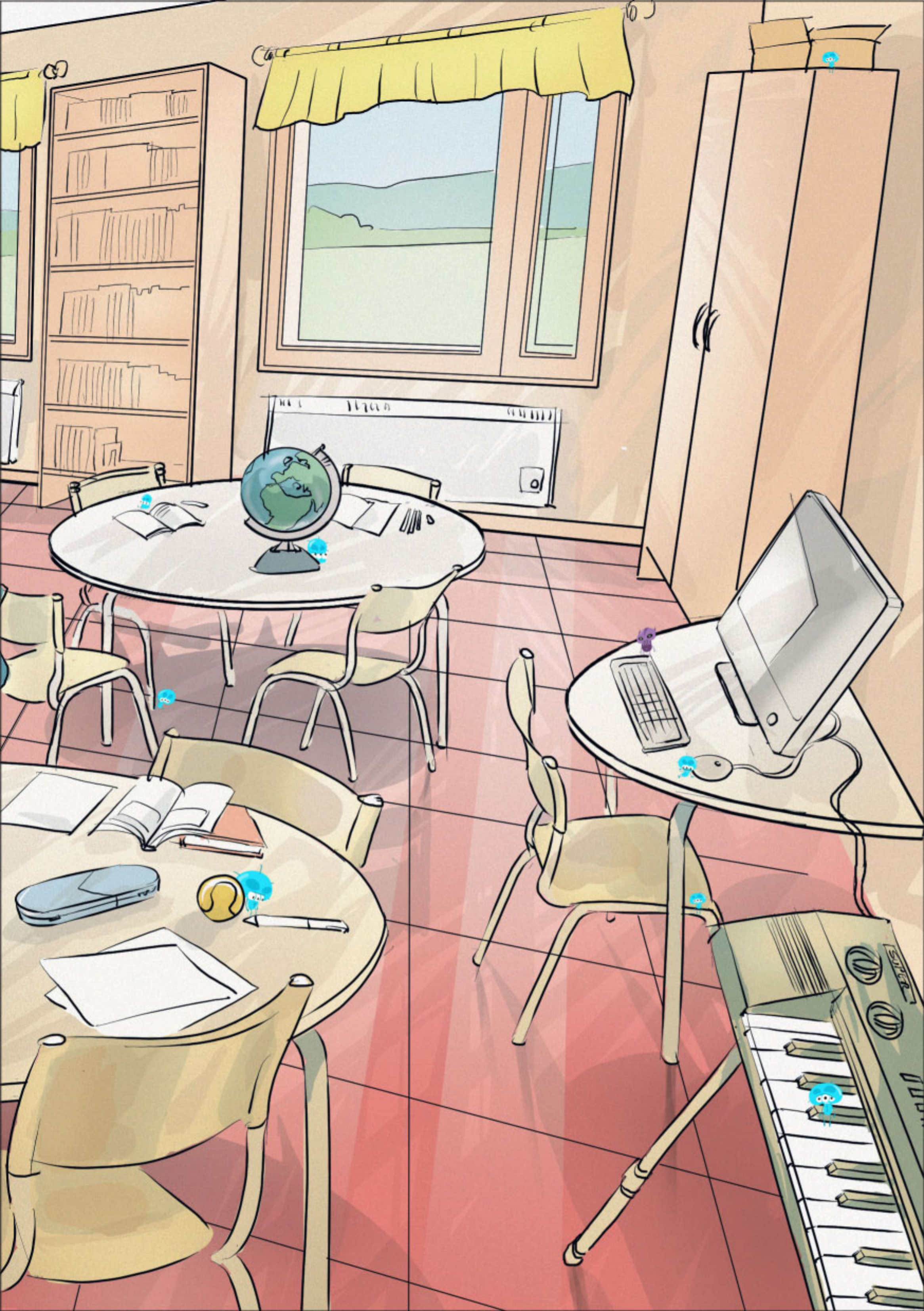
# ★ HIDE AND SEEK

CAN YOU SPOT ALL THE BUGS FROM THE CLASS ROOM?

THIS IS A SHINING STAR EXERCISE!

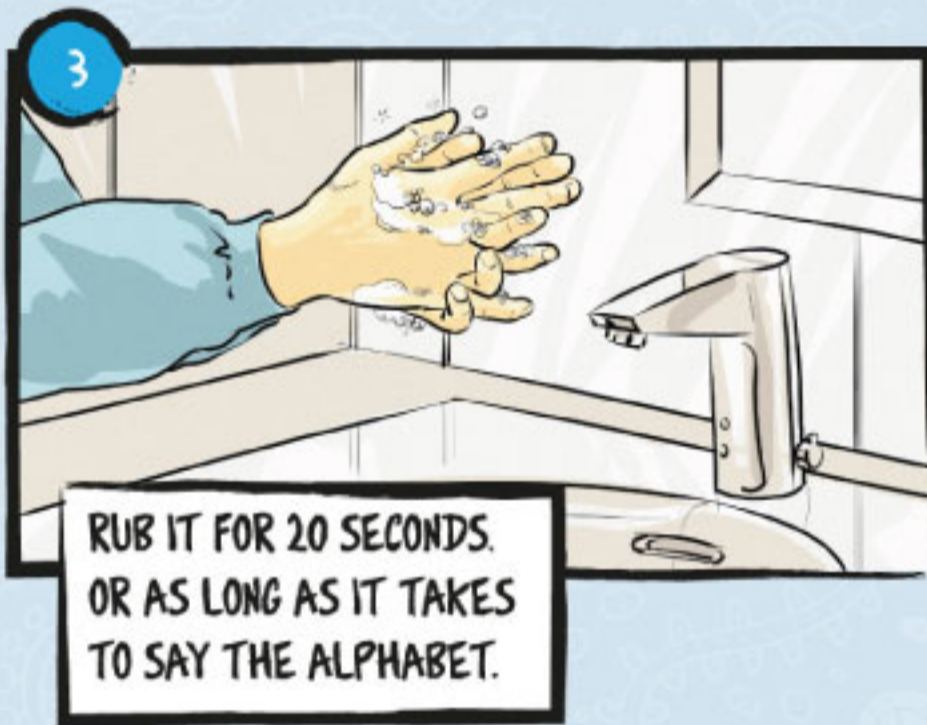








# LET'S WASH!





EXERCISE:

## OUR CLASS HYGIENE RULES

When should we wash our hands? What should we do when we get sick? What else should we remember to stay healthy? Create some hygiene rules together for your class. Write them down, with everyone's name on, then you can decorate the sign and hang it on the classroom wall.

EXERCISE:

## DECORATE HAND WASHING AREAS

To remind all the pupils at your school about the importance of hand washing, draw signs and decorate the hand washing area in classroom or school corridor. Make them stand out!



YOU CAN DO THIS!

EXERCISE:

## ★ WHEN TO WASH YOUR HANDS

Find a correct place for these words:

HANDS BATHROOM BLOW BEFORE  
RUBBISH TOUCHED PLAYING SICK  
AFTER DIRTY SPREAD

THIS IS A SHINING STAR EXERCISE!

1. I should always wash my hands \_\_\_\_\_ eating.
2. I should always wash my hands before and after I visit a \_\_\_\_\_ person.
3. If I cook food, I should remember to wash my \_\_\_\_\_ before and \_\_\_\_\_ handling the food.
4. I should always wash my hands after going to the \_\_\_\_\_.
5. I should always wash my hands whenever I \_\_\_\_\_ my nose and sneeze.
6. I should always wash my hands after I have handled \_\_\_\_\_.
7. I should always wash my hands when I have \_\_\_\_\_ animals.
8. I should always wash my hands after \_\_\_\_\_ outside.
9. I should always wash my hands when I'm ill and might easily \_\_\_\_\_ my germs.
10. I should always wash my hands when my hands are \_\_\_\_\_.



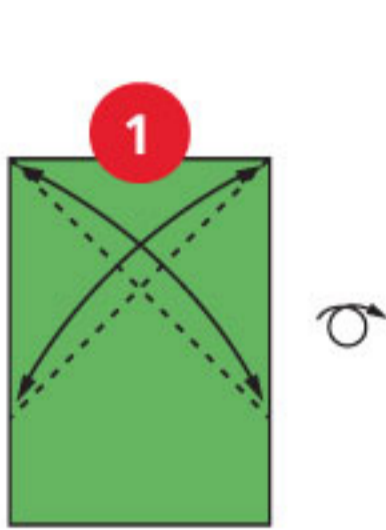




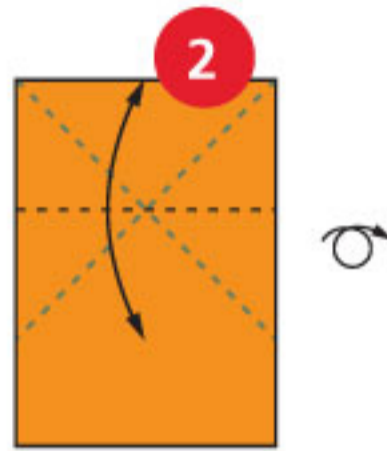
# THE JUMPING FUNGI

YOU'LL GET TWO SHINING STARS BY COMPLETING THIS EXERCISE!

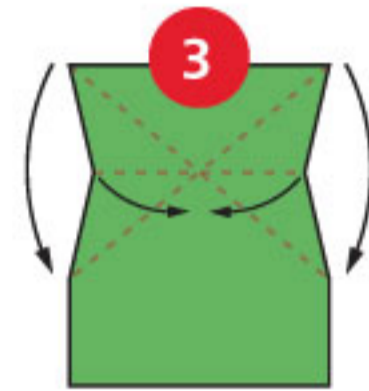
Fold your very own paper bug! Follow the instructions carefully to get the right result. Ask for help from your teacher, if necessary.



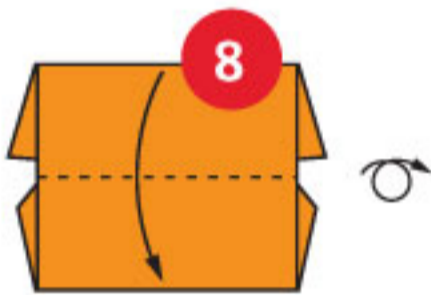
Begin green side up. Fold and unfold so that the top edge lines-up with the side edge.



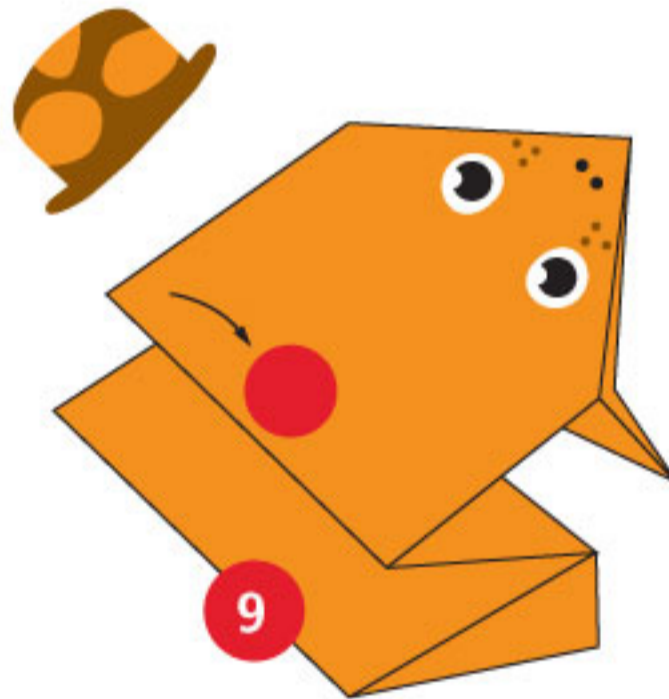
Turn over the paper. Fold and unfold the top of the page where the previous folds cross.



Turn over the paper again. Fold top corners down. Fold midpoints inwards.



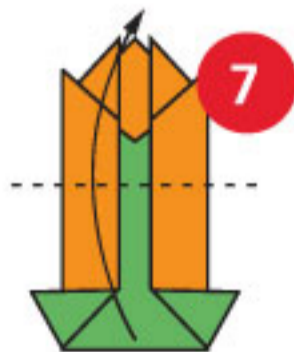
Fold the top layer in half, bringing the top to the bottom, and turn the bug over.



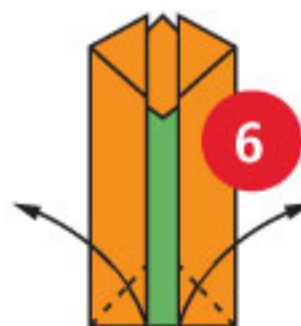
Well done! You are finished. You can press here to make the bug jump.



Fold up the top two corners just short of the centre line, so they point a little.



Fold in half, bringing the bottom to the top.



Fold out rear legs.

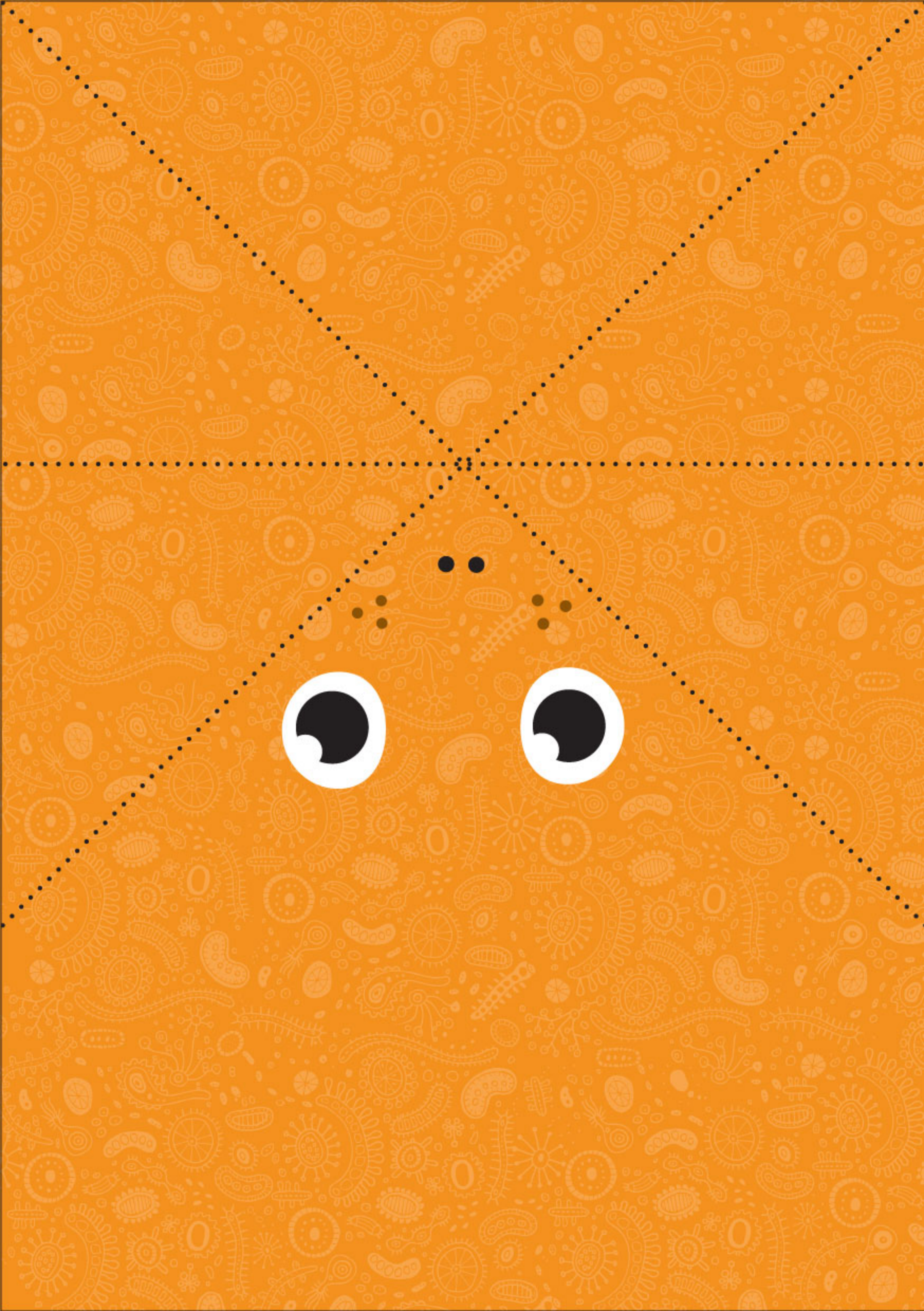


Fold sides to the centre.











THIS IS A SHINING STAR EXERCISE!  
EXERCISE:

 YOU CAN DO THIS!

## ★ TRUE OR FALSE

Choose the answers according to what you think is right.

- |   |   |   |
|---|---|---|
| 1. All tiny things are bad for us.  | ✓ | ✗ |
| 2. Bugs can move to our body when we touch animals.                             | ✓ | ✗ |
| 3. Hand washing washes the bugs away and helps us stay healthy.                 | ✓ | ✗ |
| 4. The skin of your hand has millions of bugs.                                  | ✓ | ✗ |
| 5. Before soap, sand was used to remove dirt from the hands.                    | ✓ | ✗ |
| 6. Bugs grow and multiply in water left in a container.                         | ✓ | ✗ |
| 7. You don't need to dry hands after washing them.                              | ✓ | ✗ |
| 8. You should always rinse your hands under warm water because it works better. | ✓ | ✗ |
| 9. It is not important to wash your hands after going to the toilet.            | ✓ | ✗ |

GOOD WORK!





# BEAT THE BUGS BOARD GAME

See the page 22 for game rules.



You forget to wash your hands **before lunch.**  
-3 steps



You remember to wash your hands **after sneezing.** +3



You remember to wash your hands **after playtime.**  
+2



You remember to wash your hands **after visiting a sick friend.** +5





You remember to wash your hands **before helping dad prepare a salad.** +4



You remember to wash hands **after playing with a dog.** +2



You forget to wash your hands **after visiting the toilet.** -5



Your forget to wash your hands **after taking out the trash.** -3



THIS IS A SHINING STAR EXERCISE!

# ★ JOIN UP THE DOTS!

 YOU CAN DO THIS!

**A.** Join up the dots by going through the numbers in the right order starting from 1. You will find something that bugs really hate!



**B.** Now colour the picture you have just made!





# DRAW YOUR HAND

YOU'LL GET TWO SHINING STARS  
BY COMPLETING THIS EXERCISE!

DRAW THE OUTLINE OF YOUR HAND. COLOUR THE PARTS WHICH YOU MIGHT MISS WHEN WASHING YOUR HANDS. OR CUT OUT THE BUGS ON THIS PAGE AND GLUE THEM WHERE THEY MIGHT BE MISSED ON YOUR HAND. WHEN YOU HAVE FINISHED. CUT OUT YOUR PICTURE - YOUR TEACHER CAN STICK ALL YOUR CLASS PICTURES ON THE WALL TO REMIND YOU TO WASH YOUR HANDS PROPERLY.



IF YOU NEED HELP TO KNOW WHICH PARTS OF YOUR HAND MAY BE MISSED WHEN WASHING HANDS. ASK YOUR TEACHER!



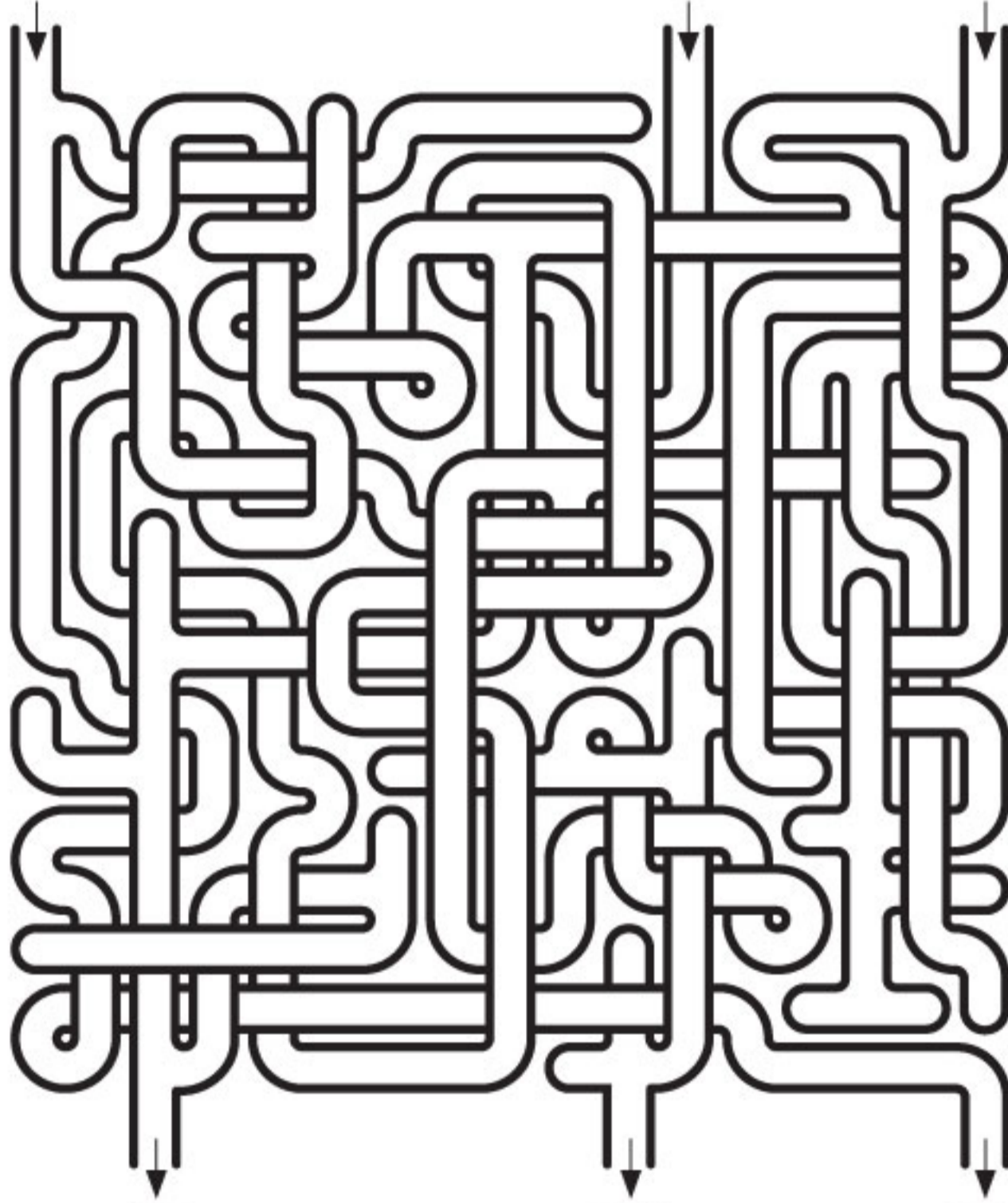
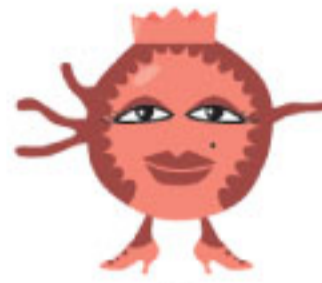


THIS IS A SHINING STAR EXERCISE!

# ★ LABYRINTH

 YOU CAN DO THIS!

Go through the maze to find out where the bugs are hiding.  
Use different colours for different paths.





THIS IS A SHINING STAR EXERCISE!

 YOU CAN DO THIS!

# ★ JOIN UP THE PICTURE AND WORDS

Join up the pictures with the right words by drawing a connecting line between them.



Wash the soap from your hands for 10 seconds.



Don't forget to wash between your fingers and the tops of your hands.



Wet your hands. Always use warm water.



Take soap.



Dry your hands carefully.



Rub it for 20 seconds, or as long as it takes to say the alphabet.



# HYGIENE PASS

NAME:

## My Shining Hygiene Stars

Colour one star after completing each shining star exercise or activity in the book (Shining star signs with exercises).



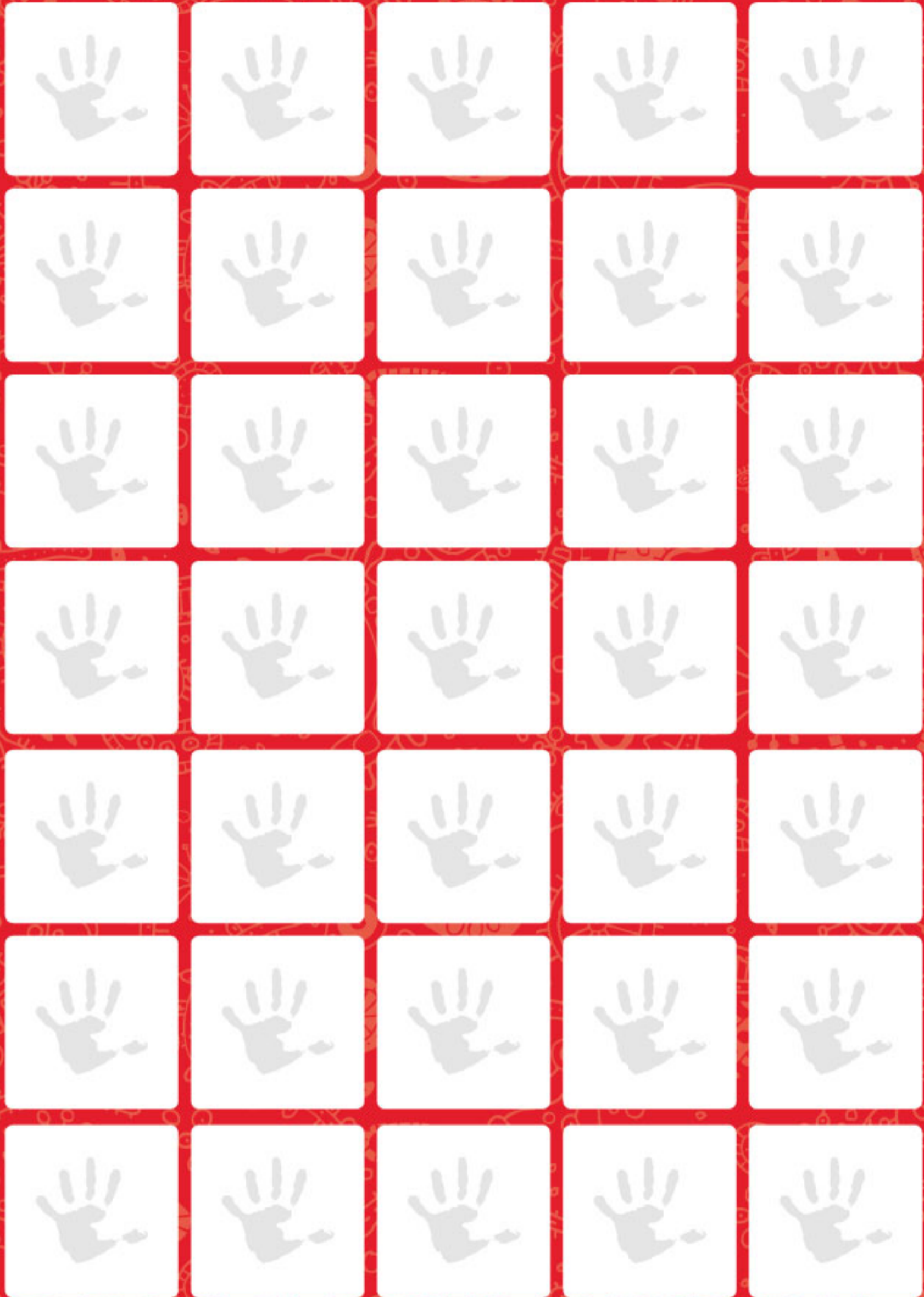
WHEN YOU HAVE COLLECTED ALL 10 SHINING STARS YOU'LL BECOME AN OFFICIAL BUG HUNTER AND CAN CUT OUT YOUR OWN GOLD STAR HYGIENE BADGE.





# My hand washing chart

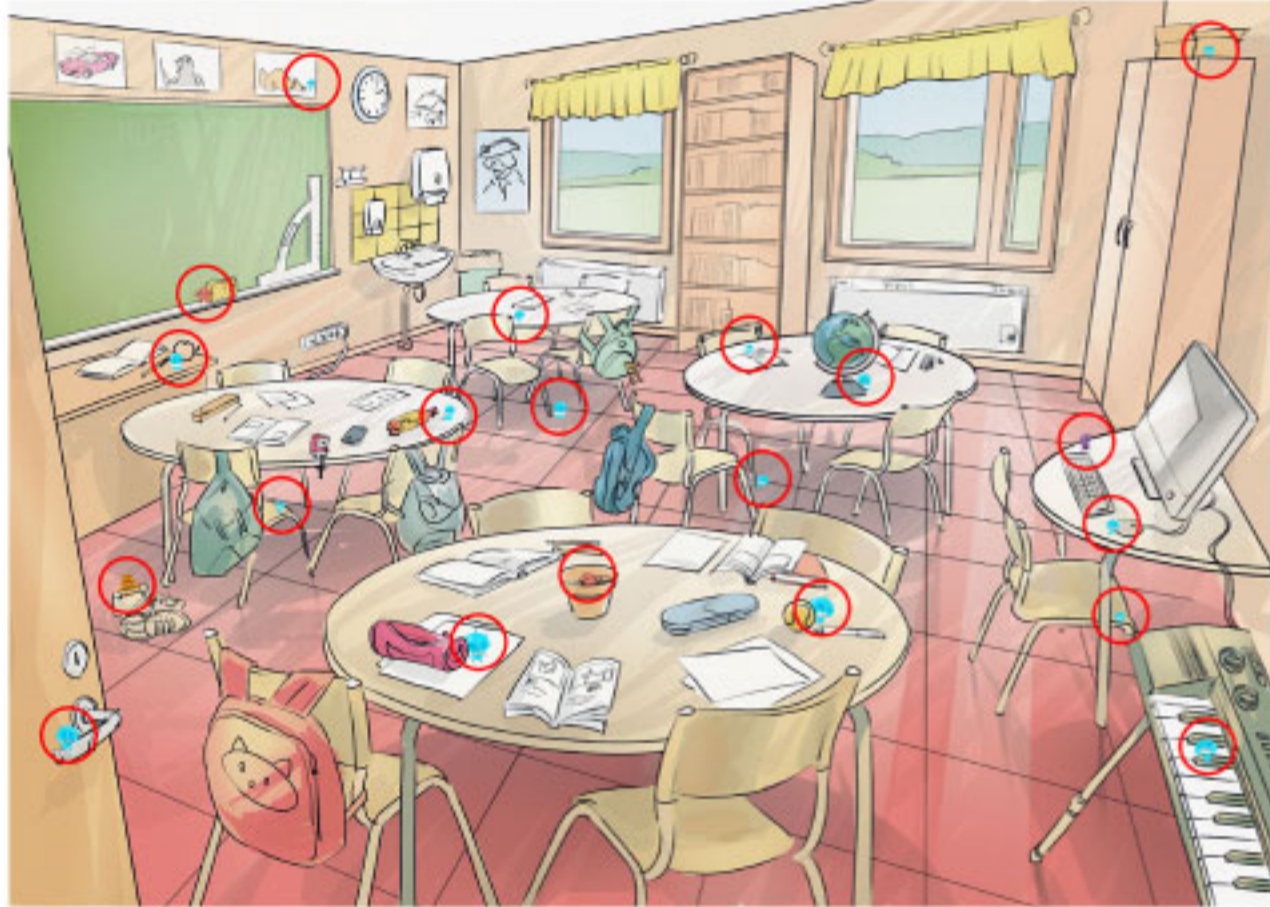
Cross out one hand each time you wash your hands





# GAME RULES AND CORRECT ANSWERS

## PAGE 6-7: HIDE AND SEEK



## PAGE 9: WHEN TO WASH YOUR HANDS

1. I should always wash my hands before eating.
2. Before and after i visit a sick person.
3. If i cook food, i should remember to wash hands before and after handling food.
4. After using the bathroom.
5. Whenever i blow my nose and sneeze.
6. After i have handled garbage.
7. When i have touched animals.
8. After playing outside.
9. When i'm ill and might easily spread my germs .
10. When my hands are dirty .

## PAGE 17: DRAW YOUR HAND



## PAGE 13: TRUE OR FALSE

- |          |          |
|----------|----------|
| 1. False | 6. True  |
| 2. True  | 7. False |
| 3. True  | 8. True  |
| 4. True  | 9. False |
| 5. True  |          |

## PAGE 18: LABYRINTH

- |        |                |
|--------|----------------|
| Blue   | - Door handle  |
| Pink   | - Piano & hand |
| Purple | - Dog          |



## PAGE 19: CONNECT THE IMAGE AND TEXT



5 Wash the soap from your hands for 10 seconds.



4 Don't forget to wash between your fingers and the tops of your hands.



1 Wet your hands. Always use warm water.



2 Take soap.



6 Dry your hands carefully.



3 Rub it for 20 seconds, or as long as it takes to say the alphabet.



THANK YOU FOR LISTENING!

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### BEAT THE BUGS BOARD GAME

#### What you need:

2–4 counters + dice. If you don't have a game appendix with cut-out dice & counters in your book, ask a teacher to provide you with them.

#### Game rules:

- 2–4 players
- Players throw the dice in turns and move their counter according to the spots showing on the dice
- On the way you will land on occasions that require hand washing and get **+points** or **-points** based on occasion type
- You should move **forwards (+)** or **backwards (-)** according to the points and the occasions are described in the game board
- Whoever finishes first, wins!



*"There are a lot of bacteria in the classroom. I think we have to wash our hands more often."*

– Joshua, Year 1

*"I have done everything in the school book and it worked fine."*

– Sarah, Year 3

*"The hygiene messages were clearly presented."*

– Mrs Frischkorn, teacher



## DEAR PARENT.

80 % of all infections are transmitted by touch\*. According to the World Health Organisation, hand washing with soap is the most effective way to fight infections worldwide. And drying your hands with a single use towel is the most effective way of removing bacteria. This guide promotes the importance of hand washing for European school children. Let's make it a good habit together.

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KATRIN HYGIENE SCHOOL BOOK APPENDIX:

# BEAT THE BUGS BOARD GAME (BOOK PAGES 14-15)

## Counters & dice

Cut out the counters and the dice squares. Use the dice as follows: Place the squares on the table front side down. Each player shuffles the squares and picks one on his/her turn, the spots on the dice square indicate the amount of steps taken forward in the game. Everyone puts the squares back on the table front side down for the next player in turn.

