Keeping Kids Healthy In School

A Curriculum About Hand Hygiene and Appropriate Antibiotic Use for School Nurses, Teachers and Health Educators, Grades K-12

Prepared by:
New Mexico Department of Health Epidemiology and Response Division
“Antibiotics Are Not Always The Answer” Educational Campaign
New Mexico School Nurses Association
New Mexico Department of Health Office of School Health
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April 2006
Dear Teachers,

This Handwashing and Appropriate Antibiotic Use Curriculum is the result of a joint effort between the New Mexico Department of Health and the New Mexico School Nurses Association. We encourage you to work with other teachers, health educators, and nurses in your school to incorporate the messages from this handbook into your lesson plans, and help students learn how to stay healthy in school and at home.

We have put together concepts that you will find helpful as you teach these key points to your students:

- What germs are and how they are spread
- The importance of washing hands
- How to wash hands properly
- What foodborne illnesses are and how they can be avoided
- How people are affected by illness
- What antibiotics are and how to use them properly

By teaching these concepts to your students, you will help improve their health as well as others who work in your school. We have also included take-home assignments and encourage you to have your students use them to share their knowledge with their families.

Thank you for your support in this important endeavor.

Sincerely,

New Mexico Department of Health Epidemiology and Response Division
New Mexico Department of Health Office of School Health
New Mexico School Nurses Association
Dear Instructor,

Welcome to the New Mexico (NM) Department of Health’s ‘Keeping Kids Healthy in School’ curriculum about hand hygiene and appropriate antibiotic use. We have partnered with the New Mexico School Nurses Association to bring to your school a user-friendly tool for teaching your kids about germs, handwashing, and appropriate antibiotic use.

Enclosed you will find the following:

- When to Wash Your Hands – Poster (English/Spanish)
- How to Wash Your Hands – Poster (English/Spanish)
- Curriculum educational objectives
- How the curriculum meets NM Public Education Department school health education benchmarks
- Lesson plans containing educational messages and activities for grades K-12
- Classroom exercises and special projects
- Self-learning worksheets (English/Spanish)
- Take-home assignments (English/Spanish)
- Handwashing Pledge (English/Spanish)
- Handwashing jingle (English/Spanish)
- DVD containing all of the above materials.

Information can also be found on the NM Department of Health website at www.health.state.nm.us.
When you get home
Before you eat
After you go to the bathroom
After you sneeze or cough
After you play with pets
After you play outside
WASH YOUR HANDS
SO YOU CAN STOP GERMS!

Use SOAP and Running WATER

RUB your HANDS back and forth

RINSE with Water

DRY with a Paper Towel
CUÁNDO LAVARTE LAS MANOS

Cuando llegas a casa

Antes de comer

Después de usar el baño

Después de estornudar o toser

Después de jugar con animales

Después de jugar afuera
LÁVATE LAS MANOS PARA EVITAR LOS MICROBIOS

Frótate las manos
Enjuágatelas con agua
Sécatelas con una toalla de papel
Usa jabón y agua de la llave
Frótate las manos
Enjuágatelas con agua
Sécatelas con una toalla de papel
Curriculum Educational Objectives

- Develop an understanding of the role germs play in acute illness, and how germs and infections are spread.
- Teach correct handwashing techniques to students, emphasizing how correct handwashing promotes good health and prevents disease.
- Help students recognize importance of handwashing to community health.
- Teach proper antibiotic use to students and develop understanding of when antibiotics are and are not needed for an illness. Teach students to listen to advice from their healthcare provider about antibiotic use. Explain hazards of self-medicating with antibiotics.
- Utilize take-home assignments that allow students to work with adults in their household and extend knowledge about handwashing and appropriate antibiotic use to promote family health.
MEETING NEW MEXICO SCHOOL HEALTH EDUCATION STANDARDS

FPO
CONTENT STANDARD: Students will comprehend concepts related to health promotion and disease prevention.

BENCHMARKS AND PERFORMANCE STANDARDS:

1) Grades K-4
   • Identify/describe/understand the relationships between personal health behaviors and individual well-being. Describe the importance of handwashing in disease prevention.
   • Describe how physical, social, and emotional environments influence personal health.
   • Identify common health issues of children, including personal hygiene.
   • Identify unsafe situations (food contamination).
   • Identify health problems that should be detected and treated early and explain how childhood injuries and illnesses can be prevented and/or treated. Identify the benefits of following the directions of healthcare providers.

2) Grades 5-8
   • Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
   • Describe how family and peers influence the health of adolescents.
   • Analyze how environments and personal health are interrelated.
   • Describe ways to reduce risks related to adolescent health issues.
   • Describe how lifestyle, pathogens, family history, and other risk factors are related to the prevention or cause of disease and other health problems.

3) Grades 9-12
   • Analyze how behavior can impact health maintenance and disease prevention.
   • Explain the impact of personal health behaviors on the functioning of body systems. Identify ways diseases are transmitted.
   • Analyze how the family, peers, and community influence the health of individuals.
   • Analyze how public health policies and government regulations influence health promotion and disease prevention.
CONTENT STANDARD: Students will demonstrate the ability to access valid health information and health-promoting products and services.

BENCHMARKS AND PERFORMANCE STANDARDS:
1) Grades K-4
   • Demonstrate the ability to locate resources from home, school, and community that provide valid health information.
   • Demonstrate the ability to locate school and community health helpers. Identify safe adults (doctor, nurse).

2) Grades 5-8
   • Demonstrate the ability to evaluate and utilize resources from home, school, and community that provide valid health information (school-based health centers, primary care clinics).
   • Describe situations requiring professional health services (acute illness).

3) Grades 9-12
   • Evaluate the availability and validity of health information, products, and services.
   • Demonstrate the ability to access school and community health services for self and others.
CONTENT STANDARD: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

BENCHMARKS AND PERFORMANCE STANDARDS:

1) Grades K-4
   - Identify responsible health behaviors, in self and others.
   - Identify personal health needs. Recognize the importance of hygiene and washing hands.
   - Identify ways in which diseases are transmitted.
   - Demonstrate strategies to improve or maintain personal health.

2) Grades 5-8
   - Explain the importance of assuming responsibility for personal health behaviors.
   - Analyze a personal health assessment to determine health strengths and risks. Determine relationship between health behaviors and health outcomes.
   - Demonstrate strategies to improve or maintain personal and family health.

3) Grades 9-12
   - Analyze the role of individual responsibility for enhancing health.
   - Evaluate a personal health assessment to determine strategies for health advancement and risk reduction.
   - Develop management strategies to improve or maintain personal, family, peer, and community health.
CONTENT STANDARD: Students will demonstrate the ability to advocate for personal, family, peer, and community health.

BENCHMARKS AND PERFORMANCE STANDARDS:

1) Grades K-4
   • Describe methods to convey accurate health information and ideas. Describe how to communicate to others about making healthy choices.
   • Identify community agencies/resources that advocate for healthy individuals, families, peers, and communities. List places and people in the school and community you can go to for health information.
   • Demonstrate the ability to influence and support others in making health-enhancing choices. Describe how to help others make healthy choices.

2) Grades 5-8
   • Analyze various communication methods to accurately express health information and ideas. Examine different ways to communicate health issues.
   • Demonstrate the ability to influence and support others in making health-enhancing choices. Role play how to help others make healthy choices.

3) Grades 9-12
   • Evaluate the effectiveness of communication methods for accurately expressing health information and ideas. Role play and evaluate different ways to communicate health issues.
   • Demonstrate the ability to influence and support others in making health-enhancing choices.
Educators: The lesson plan concepts, worksheets, and take-home assignments are organized into “basic” and “advanced” sections. You may tailor the presentation to make it age-appropriate for the grade you are working with.
1) What are germs and how are germs spread?

a. Basic
- Germs are everywhere.
- Germs are so small that you cannot see them.
- Some germs can make you sick, like the ones that cause colds and the flu.
- Germs you have on your hands spread to other people when you touch them. If those germs cause illness like colds or flu, then other people will get sick.
- You can get rid of germs by washing your hands.

b. Advanced
- There are many different types of germs. Germs called bacteria cause illnesses like strep throat and skin infections. Germs called viruses cause the cold and flu.
- Germs are microscopic, so you can’t see them.
- Germs on your hands get into your body when you touch your mouth, eyes, or nose.
- Some germs can live for many hours on surfaces like doorknobs, keyboards, and tables.
- Germs are spread several ways:
  - ‘Respiratory’ – Germs contained in droplets that come from coughing or sneezing. The germs get transferred when these infected droplets contact the eyes, nose, or mouth. Examples of diseases spread this way are colds, influenza, and pneumonia.
  - ‘Fecal-oral’ – Fecal-oral spread of germs is usually associated with organisms that infect the digestive system. Germs enter the body through ingestion of contaminated food and water or by direct contact with the stool of an infected person. Examples of diseases spread this way are salmonella and hepatitis A (and other foodborne diseases).
  - ‘Direct contact’ – Spread from direct contact requires physical contact between you and an infected person; germs get transferred from one person to the other. Direct contact includes touching the infected part of a person, kissing, sexual contact, contact with oral secretions, or contact with body lesions. Examples of diseases spread this way include lice, skin infections, and sexually transmitted diseases.
  - ‘Bloodborne’ – Spread of bloodborne diseases occurs when there is contact of infected blood with the eyes, nose, mouth, genital area, or through penetration through the skin with an infected needle. Examples of diseases spread this way are HIV and hepatitis B.
2) Why is washing your hands so important?

a. Basic
   - Many germs are carried on your hands, so handwashing is one of the most important things you can do to stop the spread of germs.
   - Washing your hands will help keep you from getting sick because it removes the germs on your hands.
   - By getting rid of germs on your hands, you will stay healthier; you will not spread them; you will help your family and friends stay healthier; and you will help make your community a healthier place.
   - ‘Cover your cough’ – teach students to cover their noses and mouths with a tissue when they cough or sneeze, then dispose of the tissue in a receptacle and wash their hands.

b. Advanced
   - Germs can get on your hands when you touch someone’s hands or if you touch a contaminated object, such as

   - Desk
   - Kitchen sink
   - Refrigerator door
   - Telephone receiver
   - Doorknob
   - Handrail
   - Shopping cart handle
   - Pen, pencil, crayon
   - Pencil sharpener
   - Remote control
   - Light switch
   - Cup
   - Pet cage
   - Keyboard
   - Toy, video game

   - Touching the eyes, mouth, or nose with contaminated hands transfers the germs into the body. That is how germs causing the cold and flu make you sick.
   - Handwashing is the most effective way to prevent the spread of germs.
   - Regular handwashing will help prevent you from getting sick because it removes the germs from your hands.
3) Handwashing technique

a. Basic
   • **See section for handwashing posters.**
   • Handwashing message should be reinforced throughout the day, especially before lunch and after using the restroom. Set up regular times during the school day for students to perform hand hygiene.
   • Use **“Handwashing Pledge” (see section)** – Each student should write his/her name on the bottom of the page pledging to wash his/her hands. Post the worksheets in the classroom to serve as a reminder.

How to wash your hands
   • Have a paper towel ready (you can hold it under your arm).
   • Use warm, running water.
   • Use liquid or pump soap whenever possible.
   • Wash front and back of hands.
   • Scrub between the fingers, around the fingernails and the wrists.
   • Rub hands together for at least 20 seconds. Use 20-second timer (or a song) to demonstrate how long 20 seconds is.
   • Rinse and then dry with a paper towel.
   • Turn off faucet with paper towel.
   • Point out areas that are commonly missed: around nails, thumb and finger webs, wrists.
   • **Note:** If soap and water are not available, a waterless hand sanitizer is an effective alternative if the hands are not visibly soiled.

How to use waterless hand sanitizer
   • Apply a nickel-sized amount of gel to palms of hands.
   • Rub hands briskly, both sides, between fingers and around fingernails until sanitizer has dried. Do not dry with a towel.
   • Keep waterless hand sanitizer in the classroom (in a locked drawer, for example) in case soap is not available in school bathrooms.
   • **Note:** Keep out of eyes and do not ingest hand sanitizer. Younger children should use with adult supervision.

When to wash hands
   • **After going to the toilet**
   • After changing diapers
   • **After coughing or sneezing**
   • After playing with pets or animals
   • **Before and after eating**
   • Before handling or preparing food
   • After handling raw meat/poultry or unwashed fruits and veggies
   • **When arriving at school**
   • **After playing or working outside**
   • After touching sores or cuts on the skin
   • When hands are visibly dirty
b. **Advanced**
   - How handwashing works
     - The soap suspends the dirt and soils.
     - The friction motion helps pull dirt and greasy soils free from the skin.
     - Warm running water washes away suspended soils that trap germs.
     - Final friction of wiping hands with towel removes more germs.
4) **What are foodborne illnesses?**

a. **Advanced**
   - Sometimes food becomes contaminated with germs from either food processing or food preparation. After eating contaminated food, people can develop an illness often referred to as “food poisoning.” Symptoms of foodborne illnesses often include vomiting, diarrhea, and stomach cramps.
     - Examples of common foodborne illnesses are Salmonella, Shigella, and Campylobacter infections.
   - Ways to protect yourself and your family from getting a foodborne illness:
     - Always wash your hands with soap and water before and after handling food.
     - Wash raw fruits or vegetables before eating.
     - Thoroughly cook meat, poultry, and eggs.
     - Uncooked meats should be kept separate from produce, cooked foods, and ready-to-eat foods.
     - Wash hands, knives, cutting boards, and other surfaces that have been in contact with raw meat.
     - Avoid eating unpasteurized dairy products.
     - Wash hands after contact with animals.
     - Do not prepare food for others if you have diarrhea.
5) **How does illness impact kids and schools?**

**a. Basic**
- Have students think of their favorite activity or a special day (birthday, etc).
- Have students imagine how they might feel if they woke up on that special day, or were just getting ready for that favorite activity, and then they got sick and couldn’t play, or couldn’t enjoy that special day.
- Think of all the fun things you might miss if you get sick.

**b. Advanced**
- Illnesses have an economic impact to society.
  - Teacher absences average 5.3 days per year, students 4.5 days.
  - Costs add up for substitute teachers, re-teaching absent students, lost workdays for parents. Parents lose work time to stay home with sick children – or end up sick and can’t go to work.
- **Good handwashing really works** – Handwashing can reduce the number of colds and stomach illnesses kids get in schools by 25-50%.
6) **What are antibiotics and how should they be used?**

a. **Basic**
   - Antibiotics are medicines prescribed by your doctor to cure certain kinds of infections. Antibiotics can kill the germs that cause strep throat, skin infections, and some ear and sinus infections.
   - Antibiotics do not work for colds, bronchitis, the flu, or runny noses. Those illnesses get better by themselves.
   - Your doctor will tell you if you need an antibiotic for your illness.

b. **Advanced**
   - Antibiotics cure infections caused by bacteria, such as strep throat and skin infections. Antibiotics are not effective against infections caused by viruses, such as colds, bronchitis and the flu.
   - Antibiotics should only be used when they are needed and when instructed by your doctor.
   - If antibiotics are overused, germs can build up resistance to them and they will no longer work for the infections they are supposed to cure.
   - If you or someone in your family gets an antibiotic from your doctor, be sure to:
     - Take the medication exactly as the doctor has instructed.
     - Take the full course of medication, even if you feel better sooner.
     - Never share the medication with others.
   - You do not always need to be taking antibiotics for an illness in order to go back to school.
   - Rarely, you can develop an allergic reaction from taking an antibiotic. Symptoms may include hives, other rashes, or swelling. Talk to your doctor if you think you are having an allergic reaction to an antibiotic.
Materials / Resources List*

- Glo Germ™ gel or powder ([www.glogerm.com](http://www.glogerm.com)), or GlitterBug® potion and powder ([www.brevis.com](http://www.brevis.com)). Flour or glitter can be used as an alternative.  
  *Warning*: People with skin allergies should not use the lotions.

- Black light ([www.glogerm.com](http://www.glogerm.com), [www.brevis.com](http://www.brevis.com), [www.blacklightshop.com](http://www.blacklightshop.com))
- Viewing box for black light (this would be a great project for a school woodshop)
- Spray bottle to fill with clean water
- Fresh fruit or vegetables (such as apple, orange, grapes, carrots)
- Bread containing no preservatives
- Small baggies
- Petri dishes (Sometimes hospitals or labs have petri dishes that have expired and will be thrown out, but are usable for school projects)
- Cotton swabs
- Distilled water
- Markers
- Masking tape
- Plastic sandwich bags
- Crayons
- Scissors
- Liquid soap
- Hand sanitizer

*Note: The New Mexico Department of Health and the New Mexico School Nurses Association do not endorse any of the products mentioned on this page or throughout this document. These are products that have been used by other health educators and are listed only as possible resources.
HANDWASHING DEMONSTRATIONS

- **Correct handwashing eliminates germs**
  Use Glo Germ™ gel or powder or GlitterBug® potion and powder; rub a bit on students hands. Explain that the lotion on their hands represents germs that come out of their mouths when they cough and sneeze.

  Have students hold hands under black light viewing box. Now they can see the invisible “germs.”

  Have the students wash their hands. They will probably NOT wash them thoroughly, which will be obvious when they hold their hands back under the black light and see the glow again.

  Teach correct handwashing techniques, and then have students go back and wash hands correctly and hold hands under black light again until “germs” are gone.

  Explain that if you wash your hands after sneezing or coughing in them the germs will be washed away and there will be less of a chance for people to get sick.

- **Hands carry germs and spread them to other people or objects #1**
  Sprinkle Glo Germ™ powder or GlitterBug® powder on doorknobs, desks, tabletops, handrails, pens, cups, etc., before students enter room. Flour or glitter may be used as an alternative.

  Have students check hands under black light as soon as they enter room, BEFORE TOUCHING anything that has been sprinkled with the powder. They should see no “germs.”

  Tell some students to open doors, touch their desk, touch cups, etc., and THEN shake hands with each other.

  Check their hands again under the black light. They will see the “germs” that have spread to their own hands.

  Explain that this is ALSO what happens when we sneeze into our hands and then touch an object (the germs on our hands get on the object) or touch someone else’s hands.

  Discuss what might happen if one of their friends touches the object (they might pick up the germs and get sick).
- **Hands carry germs and spread them to other people or objects #2**
  Use a spray bottle filled with clean water. Pretend to sneeze into your hands and use sprayed water to wet your hands.

  Explain to the class that the water on hands represents germs that come out of your mouth and nose when you cough or sneeze.

  Now ask the class:
  - Who would like to shake hands with you? If they do, their hands become wet. Explain that the germs have now spread from your hands to theirs.
  - Now use the same example with the sprayed water and touch an object in the classroom. Explain that germs can spread to other objects after you cough or sneeze into your hands. Have someone else touch the damp object to show how germs can spread from contaminated objects.

  Explain how good handwashing after coughing or sneezing will wash the germs from their hands and germs will not be spread.

- **Hands carry germs and spread them to other people or objects #3**
  Use Glo Germ™ gel or powder or GlitterBug® potion and powder; rub some on SOME of the students’ hands. Explain that the lotion on their hands represents germs.

  Have each student hold hands under black light viewing box. Some of them will see the invisible “germs.”

  Pass around a hand-held computer game (or other commonly shared object) so all students have a chance to touch the object. Have students who had no germs originally hold their hands under black light again. Explain that the “germs” on their hands were spread by the other students who did not wash their hands.

  Have the students wash their hands. They will probably NOT wash them thoroughly, which will be obvious when they hold their hands back under the black light hands and see the glow again.

  Explain that this is what happens when we sneeze or cough into our hands, or don’t wash our hands after using the toilet, and then touch an object (the germs on our hands get on the object) or touch food (the germs on our hands get in our food) or touch other people’s hands.

  Teach correct handwashing techniques, and then have students go back and wash hands correctly and hold hands under black light again until “germs” are gone.

  Discuss what might happen if one of their friends touches the object (they might pick up the germs and get sick).
PREVENTING FOODBORNE ILLNESSES

- **Food can have germs on it – wash fresh fruits and vegetables before eating**
  Sprinkle Glo Germ™ powder or GlitterBug® powder on fresh fruit, such as an orange, apple, grapes, carrots, etc., before students enter room.

  Have students hold fruits and vegetables under black light to show how foods can have germs on them and they would eat those germs unless the fruit was washed first.

  Have students wash the fruits and vegetables and then hold the food under the black light again to see how germs should be washed away before eating.

SCIENCE PROJECTS AND EXPERIMENTS

- **Project #1: Teach other classes about handwashing**
  Tie in with a creative class like Art or Drama.
  - Have students make handwashing posters for lower grades.
  - Have students write script for and do a role play about effects of poor handwashing.
  - Ask students to write a school newsletter article about the benefits of handwashing.

- **Experiment #1: Growing germs in petri dishes**
  **Materials:** Sterile petri dishes*, sterile swabs or Q-tips, distilled water, masking tape, and permanent markers

  **Script:** Today we’ll each be selecting an object or surface to test for germs (also called ‘microorganisms’). We’ll be growing the microorganisms in containers called petri dishes. The gelatin-like substance in the petri dishes is called agar. The agar provides nutrients or food to the microorganisms so they can grow. It will be interesting to see which objects or surfaces have the most microorganisms – including our hands.

  - Ask each student to pick a surface or object that they would like to test for the presence of microorganisms (*each student tests a different surface or object*).
  - Mark the bottom of the petri dish in half with permanent marker; use one side to test their chosen object or site; touch the other side with their fingers.
  - Instruct the students to hold the swab at one end, and rub it over the surface or object to be tested.
    - **If the object or surface is dry,** the students should wet the swab with distilled water and then rub the swab over the object or surface.
If the object or surface is wet, the students should use a dry swab to rub over the object or surface.

- Tell students to gently roll the swab on the agar and touch part of the plate with their fingers, close the lid, and tape the dish shut around the edge.
- Label dishes with student’s name, date, class period, and name of the surface or object tested. Label one clean, unused petri dish as the control to show that a petri dish that was not opened would not have any microorganisms growing on it – any growth on the petri dishes is coming from the surface or objects that they tested.
- Place the dishes in a warm spot (such as on top of a refrigeration unit, wrapped in plastic in a sunny window, or by a heater) for three days. Store them upside down so there is no chance of anything leaking out of the dishes.

Without opening the dishes, the students should examine the petri dishes daily. Over time, you should see growth of microorganisms on the agar.

Safety Note: Never open the dishes anytime after adding the contaminant. At the end of the exercise, collect dishes for proper disposal. Check with the custodian or janitor.

*Note: Petri dishes can be obtained from a local hospital or clinic. Red Jell-O made with less water can be used for this experiment as well. Small plastic cups may work well to hold the Jell-O. Also, a cross-curricular activity is to have students look at their petri dishes under a microscope.

Experiment #2: Dirty hands on bread slice – growing germs

Materials: Preservative-free bread (you can get this from a bakery), sandwich bags, permanent markers, and water

- Ask students to touch their desks, hair, and faces to get their hands contaminated.
- Give each student a piece of bread or a half piece and instruct them to touch it all over, keeping it flat.
- Have students place bread slice in bag with two small drops of water. Seal shut.
- Label with name and date.
- Put all bread slices in a brown grocery bag and seal shut. Place in warm spot. Put one piece of untouched bread in a baggie as a control.

Note: Takes about five days for good mold growth on the bread.
SELF-LEARNING GAMES AND PUZZLES
Hi! I’m Aanaa!
COLOR ME HEALTHY!

I pledge to wash my hands.
¡Hola! ¡Mi nombre es Aanaa!

¡COLORÉAME SANA!

Prometo lavarme las manos con frecuencia.
Hi! I’m Aanaa!
COLOR ME HEALTHY!

Use scissors to cut on the dotted lines, then mix the pieces up and put me back together again!

I pledge to wash my hands.
¡Hola! ¡Mi nombre es Aanaa!

¡COLORÉAME SANA!

Usa tijeras para cortar sobre las líneas, mezcla las piezas y colócalas en su lugar.

Prometo lavarme las manos con frecuencia.
Connect the dots, then
COLOR ME!

I pledge to wash my hands.

Name: ______________________________________________________

NEW MEXICO HEALTH
Connect the dots, then
COLOR ME!

I pledge to wash my hands.
Nombre: ____________________________________________________

Prometo lavarme las manos con frecuencia.
Une los puntos y después
¡COLORÉAME!

Nombre: ____________________________________________________

Prometo lavarme las manos con frecuencia.
HOW TO STAY HEALTHY!
WORD SEARCH

Help AANAA find these words:

COUGH
EYES
FLU
GERMS

HEALTHY
MOUTH
NOSE
PAPER TOWEL
SCRUB

SNEEZE
SORE THROAT
WARM WATER
WET HANDS

Name:_________________________
I pledge to wash my hands regularly.
HOW TO STAY HEALTHY!

WORD SEARCH

Help AANAA find these words:

COUGH
EYES
FLU
GERMS

HEALTHY
MOUTH
NOSE
PAPER TOWEL
SCRUB

SNEEZE
SORE THROAT
WARM WATER
WET HANDS

Name:________________________________

I pledge to wash my hands regularly.

NEW MEXICO DEPARTMENT OF HEALTH
¡CÓMO MANTENERTE SALUDABLE!

BUSCA PALABRAS

OVOWODUNROTSEB
AUOMKBYZDTSORSF
GIMXXJFZWBASHC
EQBATBSOTSLPPU
VOVINZDKGAUDDF
ESBPTOGRVQDKOI
TOALLASDEPAPEL
BIPFDULCOBOSP
KBQBYQLGILJPV
GOTALLARAMEOPE
DRXTXWFHPSPCSV
VCIMSDDOZUWIQ
BISPETCLHKXSAP
IMSRAAUCBZPVFS

Ayúdale a AANAA a encontrar estas palabras:

AGUA TIBIA
BOCA
ESTORNUDO
GRIPA

MANOS LIMPIAS
MICROBIOS
OJOS
RESFRIO

SALUDABLE
TOALLAS DE PAPEL
TOS

Nombre: __________________________________________

Prometo lavarme las manos con frecuencia.

NEW MEXICO DEPARTMENT OF HEALTH
¡CÓMO MANTENERTE SALUDABLE!
BUSCA PALABRAS

Ayúdale a AANAA a encontrar estas palabras:

AGUA TIBIA
BOCA
ESTORNUDO
GRIPA
MANOS LIMPIAS
MICROBIOS
OJOS
RESFRIO
SALUDABLE
TOALLAS DE PAPEL
TOS

Nombre: ________________________________

Prometo lavarme las manos con frecuencia.
WASH YOUR HANDS!

WORD SEARCH

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

Help AANAA find these words:

CLEAN  SICK
GERMS  WARM
HANDS  WASH
HEALTHY  WATER
HYGIENE

Name:________________________________
I pledge to wash my hands regularly.
WASH YOUR HANDS!
WORD SEARCH

Help AANAA find these words:
CLEAN     SICK
GERMS     WARM
HANDS     WASH
HEALTHY   WATER
HYGIENE   

Name: _____________________________________________
I pledge to wash my hands regularly.
¡LÁVATE LAS MANOS!
BUSCA PALABRAS

Ayúdale a AANAA a encontrar estas palabras:

AGUA  LIMPIO
CATARRO  MANOS
ENFERMEDAD  MICROBIOS
HIigiene  SALUDABLE
LAVAR  TIBIA

Nombre: _________________________________________________________

Prometo lavarme las manos con frecuencia.
¡LÁVATE LAS MANOS!
BUSCA PALABRAS

Ayúdale a AANAA a encontrar estas palabras:

AGUA
CATARRO
ENFERMEDAD
HIGIENE
LAVAR
LIMPIO
MANOS
MICROBIOS
SALUDABLE
TIBIA

Nombre: ______________________________________________________
Prometo lavarme las manos con frecuencia.
STOP THE SNIFFLES!
WORD SEARCH

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

Help AANAA find these words:

COMMON COLD
COVER YOUR COUGH
FLU
GERM

HEALTHY
SOAP AND WATER
WASH HANDS

Name: ____________________________________________
I pledge to wash my hands regularly.
STOP THE SNIFFLES!
WORD SEARCH

Help AANAA find these words:
COMMON COLD
COVER YOUR COUGH
FLU
GERM

Healty
SOAP AND WATER
WASH HANDS

Name:________________________________
I pledge to wash my hands regularly.
¡ALTO A LOS RESFRIADOS!
BUSCA PALABRAS

Ayúdale a AANAA a encontrar estas palabras:

AGUA Y JABÓN
CUBRE TU TOS
GRIPA
LAVATE LAS MANOS
MICROBIO
RESFRIADO
SALUDABLE
VIRUS

Nombre: ____________________________________________

Prometo lavarme las manos con frecuencia.

NEW MEXICO DEPARTMENT OF HEALTH
¡ALTO A LOS RESFRIADOS!

BUSCA PALABRAS

Ayúdale a AANAA a encontrar estas palabras:

AGUA Y JABÓN
CUBRE TU TOS
GRIPA
LAVATE LAS MANOS

MICROBIO
RESFRIADO
SALUDABLE
VIRUS

Prometo lavarme las manos con frecuencia.
A HEALTHY HINT!

I pledge to wash my hands regularly.
Name: __________________________________

I pledge to wash my hands regularly.
¡UNA IDEA SALUDABLE!

Prometo lavarme las manos con frecuencia.
¡UNA IDEA SALUDABLE!

Jabón
Líquido

Prometo lavarme las manos con frecuencia.
I pledge to wash my hands regularly.
I pledge to wash my hands regularly.
¡EL SECRETO PARA LA BUENA SALUD!

Nombre: _______________________________________________________

Prometo lavarme las manos con frecuencia.
¡EL SECRETO PARA LA BUENA SALUD!

Nombre: ___________________________________________________________

Prometo lavarme las manos con frecuencia.
Name:________________________________

I pledge to wash my hands regularly.

KEEP KIDS HEALTHY

WORD GAME 1

Across
4. Many people forget to wash here, where lots of germs hide.
7. Washing your hands can keep you this way.
8. Use this with soap to make suds that wash germs away.

Down
1. Only use antibiotics as instructed by this person.
2. Use this with warm water to wash germs away.
3. Always wash your hands after you use this.
5. You can’t see them but they can make you sick.
6. One way germs are spread.
KEEP KIDS HEALTHY
WORD GAME 1

Across
4. Many people forget to wash here, where lots of germs hide.
7. Washing your hands can keep you this way.
8. Use this with soap to make suds that wash germs away.

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1. Only use antibiotics as instructed by this person.
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Name: _______________________________

I pledge to wash my hands regularly.
Prometo lavarme las manos con frecuencia.

**NIÑOS SALUDABLES**

**Horizontal**
2. Únicamente usa antibióticos cuando son recetados por un ______
3. No los puedes ver pero pueden enfermarte ______
5. Usa esto con jabón para que las burbujas te limpien los microbios
7. A mucha gente se le olvida lavar donde se esconden muchos microbios, las ______
8. Cuando toses, cúbrete la ______

**Vertical**
1. Una manera de contagiarte de microbios ______
4. Siempre lávate las manos después de usar el ______
6. Lavarte las manos te puede mantener en buena ______
9. Use esto con agua tibia para limpiar microbios ______

Nombre: _______________________________________________________

New Mexico Department of Health
NIÑOS SALUDABLES

Horizontal
2. Únicamente usa antibióticos cuando son recetados por un _______.
3. No los puedes ver pero pueden enfermarte _______.
5. Usa esto con jabón para que las burbujas te limpien los microbios.
7. A mucha gente se le olvida lavar donde se esconden muchos microbios, las ________.
8. Cuando toses, cúbrete la ________.

Vertical
1. Una manera de contagiarte de microbios ________.
4. Siempre lávate las manos después de usar el ________.
6. Lavarte las manos te puede mantener en buena ________.
9. Use esto con agua tibia para limpiar microbios ________.

Nombre: ______________________________________________________

Prometo lavarme las manos con frecuencia.

Jabón Líquido
I pledge to wash my hands regularly.

**KEEP KIDS HEALTHY**

**WORD GAME 2**

**Across**
1. Always use _____ and warm water when washing your hands.
3. ______ can make you sick.
5. Good hand washing can keep you from catching a ______.
6. The second step is to turn on ______ ______.
9. The first step is to get your ______ ______ ready.

**Down**
1. If you cough or ______ in your hands, wash them right away.
2. Use a paper towel to open the ______.
4. The word means to rub vigorously.
6. After you turn on the warm water, ______ your ______.
7. ______ your hands well after washing. This sends germs down the drain.
8. Good hand washing can help keep you ______.
10. Always wash your hands after using the ______.
11. Always wash your hands before ______.
KEEP KIDS HEALTHY

WORD GAME 2

Across
1. Always use _____ and warm water when washing your hands.
3. _____ can make you sick.
5. Good hand washing can keep you from catching a _____.
6. The second step is to turn on ______ ______.
9. The first step is to get your ______ ready.

Down
1. If you cough or _____ in your hands, wash them right away.
2. Use a paper towel to open the ______.
4. The word means to rub vigorously.
6. After you turn on the warm water, ____ your ______.
7. ____ your hands well after washing. This sends germs down the drain.
8. Good hand washing can help keep you ______.
10. Always wash your hands after using the _____.
11. Always wash your hands before _____.

Name: __________________________
I pledge to wash my hands regularly.
Prometo lavarme las manos con frecuencia.
Prometo lavarme las manos con frecuencia.
ESCAPE FROM THE
LAND OF GERMS!

START

FINISH

Name: _______________________
I pledge to wash my hands regularly.
ESCAPE FROM THE
LAND OF GERMS!

START

FINISH

Name: ____________________________________
I pledge to wash my hands regularly.
Prometo lavarme las manos con frecuencia.
Nombre: ______________________________________________________

Prometo lavarme las manos con frecuencia.

ESCAPANDO DE MICROBIOLANDIA
TAKE-HOME ASSIGNMENTS

for children to work on at home with parents or guardians
Which of the following illnesses will antibiotics NOT help to cure?
   a. Colds, bronchitis and the flu
   b. Skin infections
   c. Strep throat
   d. Some ear and sinus infections
   Answer: a

How many disease-spreading infected droplets can one single sneeze produce?
   a. three
   b. sixty
   c. thousands
   d. none
   Answer: c

When washing your hands, you should use warm water AND soap.
   True or False?
   Answer: True

About how many school days are missed each year because of colds?
   a. 10
   b. 38 million
   c. 1 million
   d. none
   Answer: b

When cooking, it is okay to cut raw meat and then use the same knife to cut vegetables without washing the knife first.
   True or False?
   Answer: False

Antibiotics will kill germs that cause the common cold.
   True or False?
   Answer: False

When should you wash your hands?
   a. After going to the toilet
   b. After playing with pets or animals
   c. Before and after eating
   d. After playing outside
   e. All of the above
   Answer: e

What is the most effective way to prevent the spread of germs?
   a. Don’t ever go outside your bedroom
   b. Don’t play outside with friends
   c. Don’t eat junk food
   d. Wash your hands thoroughly with soap and warm water
   Answer: d
Colds will get better on their own.

True or False?

Answer: True

Pick the false statement:

a. Germs are spread by hands
b. There are no germs spread when you sneeze
c. Germs can contaminate food

Answer: b

On average, how many colds does one child get a year?

a. three to five
b. one to two
c. six to eight

Answer: c

Ways to properly take antibiotics include:

a. Taking medication as prescribed
b. Finishing all of the prescribed medication
c. Not sharing medication with others
d. All of the above

Answer: d

A paper towel can be used as a barrier between germs and clean hands.

True or False?

Answer: True

Undercooked chicken is safe to eat.

True or False?

Answer: False

It usually takes how much time to scrub germs from your hands using warm water and soap?

a. Twenty seconds
b. Three minutes
c. Two seconds

Answer: a

Pick the true statement:

a. Germs are only in places that look dirty
b. You can easily see germs
c. Germs are everywhere and cannot be seen

Answer: c

Which of the following surfaces can germs live on?

a. a desk
b. a keyboard
c. a pencil
d. all of the above

Answer: d

How much waterless hand sanitizer should you use?

a. half a cup
b. a nickel-sized amount
c. one drop

Answer: b
TARJETAS EDUCATIVAS

Usa tijeras para recortar sobre las líneas.
Llévate las tarjetas a casa y hazle pruebas a todos para ver cuánto saben sobre los microbios, el lavado de las manos y los antibióticos.

¿Cuáles de estas enfermedades no se curan con antibióticos?

- a. Resfriados, bronquitis y la gripe
- b. Infecciones de la piel
- c. Infección estreptócica de la garganta
- d. Algunas infecciones del oído y sinusitis

Respuesta: e

¿Cuántas gotitas contagiosas puede producir un estornudo?

- a. tres
- b. sesenta
- c. miles
- d. ninguna

Respuesta: b

Cuando te lavas las manos deberías usar agua tibia y jabón.

¿Verdad o Falso?

Respuesta: Verdado

Cuando cocinas está bien usar el mismo cuchillo con el cual cortaste la carne y después cortar las verduras sin lavarlo primero.

¿Verdad o Falso?

Respuesta: Falso

¿Cuándo te deberías lavar las manos?

- a. Después de usar el baño
- b. Después de tocar o jugar con animales
- c. Antes y después de comer
- d. Después de jugar afuera
- e. Todas las respuestas están correctas

Respuesta: e

¿Cuál es la manera más efectiva de evitar la diseminación de los microbios?

- a. Nunca salgas de tu recámara
- b. No juegues afuera con tus amigos
- c. No comas en los restaurantes de “comida rápida”
- d. Lávate las manos muy bien con jabón y agua tibia

Respuesta: d

¿Cuántos días de ausencias escolares ocurren cada año debido a resfriados?

- a. 10
- b. 38 millones
- c. 1 millón
- d. ninguno

Respuesta: b

Los antibióticos matan a los microbios que causan resfriados.

¿Verdad o Falso?

Respuesta: Falso
Los antibióticos matan a los microbios que causan resfriados.
¿Verdad o Falso?
Reuesta: Verdadera

Identifica la declaración falsa:
a. Los microbios se contagian por las manos
b. No se diseminan microbios al estornudar
c. Los microbios pueden contaminar la comida
Reuesta: b

Por lo regular, ¿cuántos resfriados le dan a un niño cada año?

a. tres a cinco
b. uno a dos
c. seis a ocho
Reuesta: c

La manera de tomar los antibióticos correctamente incluye:
a. Tomarte la medicina exactamente tal como se te recetó
b. Usar toda la medicina que te recetó el doctor
c. No compartir tu medicina con otros
d. Todas las respuestas están correctas
Reuesta: d

Una toalla de papel puede usarse como una barrera entre los microbios y las manos limpias.
¿Verdad o Falso?
Reuesta: Verdadera

El pollo, a medio asar, (rojo o rosado en el centro) no peligra la salud.
¿Verdad o Falso?
Reuesta: Falso

Por lo regular, ¿cuánto tiempo se necesita para lavarse los microbios de las manos usando agua tibia y jabón?

a. Veinte segundos
b. Tres minutos
c. Dos segundos
Reuesta: c

Identifica la declaración correcta:
a. Los microbios existen sólo en lugares que parecen estar sucios
b. Los microbios se ven fácilmente
c. Los microbios están en todas partes y no se pueden ver
Reuesta: c

¿Sobre qué superficies pueden existir los microbios?

a. Un escritorio o pupitre
b. Un teclado de computadora
c. Un lápiz
d. Todas las respuestas están correctas
Reuesta: d

¿Qué cantidad de desinfectante sin agua (waterless hand sanitizer) deberías usar para lavarte las manos?

a. media taza
b. la cantidad del tamaño de una moneda mediana
c. una gota
Reuesta: p
Family Handwashing Checklist

1. Put this sheet up on the refrigerator or in a place where all family members can see it.

2. Discuss the benefits of handwashing with each family member.

3. Have each family member mark the appropriate box if they washed their hands as indicated.

4. Review chart after 2 days to see if any improvements can be made.
<table>
<thead>
<tr>
<th>Family Member</th>
<th>Date</th>
<th>Washed hands before eating</th>
<th>Washed hands before preparing meal</th>
<th>Washed hands after using bathroom</th>
<th>Washed hands after coughing or sneezing</th>
<th>Washed hands after playing with pets</th>
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¿TE LAVASTE LAS MANOS?

<table>
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<tr>
<th>Miembro de familia</th>
<th>Fecha</th>
<th>Se lavó las manos antes de comer</th>
<th>Se lavó las manos antes de preparar la comida</th>
<th>Se lavó las manos después de usar el baño</th>
<th>Se lavó las manos después de toser o estornudar</th>
<th>Se lavó las manos después de jugar con o tocar animales</th>
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HANDWASHING PLEDGE

To keep good health and not get sick,
I know a healthy little trick…
To keep good health, here’s how it goes:
Before I touch my eyes or nose
Or eat a meal or munch a snack
And after I sneeze, or cough or hack
Or play with pets, like cats and dogs
Or guinea pigs, or even hogs
Or use the toilet or pick up trash,
I do it right, without a splash…
Twenty seconds is all I need
to do it right—then I’ll succeed
In washing all those germs away,
And staying healthy so I can play.
I wash my hands with warm water and soap
To show those germs that I’m no dope.
To keep my friends and family well
I bid those germs a fond farewell.
And to good health for which it stands,
I promise I will wash my hands.

Pledged by ________________________
PROMESA DE
LAVARME LAS MANOS

Yo no quiero enfermarme
Por lo cual voy a lavarme

Lo que más me enferma a mí
Me enferma a mí; te enferma a ti

Al toser o estornudar
Las manos pronto a lavar

No contagiar enfermedad
Es mi responsabilidad

Agua y jabón es obvio
Elimina a los microbios

Las manos sucias son lo peor
Las manos limpias, lo mejor

No me engaño -- si uso el baño
Si no me lavo -- causa daño

Siempre antes de cocer
Y siempre antes de comer

Le prometo a mi familia
Que con jabón y agua tibia

Mi manos siempre lavaré
Es mi promesa -- juraré

Nombre _______________________________________

Prometo lavarme las manos con frecuencia.
“IF YOU SNEEZE”
To the tune of “If You’re Happy And You Know It”

If you sneeze or if you cough, then wash your hands (scrub, scrub)
If you sneeze or if you cough, then wash your hands (scrub, scrub)
With a little soap and water, don’t you know you really oughta
If you sneeze or if you cough, then wash your hands (scrub, scrub)

If you just went to the bathroom, wash your hands (scrub, scrub)
If you just went to the bathroom, wash your hands (scrub, scrub)
With a little soap and water, don’t you know you really oughta
If you just went to the bathroom, wash your hands (scrub, scrub)

If you’re gonna eat a sandwich, wash your hands (scrub, scrub)
If you’re gonna eat a sandwich, wash your hands (scrub, scrub)
With a little soap and water, don’t you know you really oughta
If you’re gonna eat a sandwich, wash your hands (scrub, scrub)

If you’re gonna play with Puppy, wash your hands (scrub, scrub)
If you’re gonna play with Puppy, wash your hands (scrub, scrub)
With a little soap and water, don’t you know you really oughta
If you’re gonna play with Puppy, wash your hands (scrub, scrub)

If you want to stay healthy, wash your hands (scrub, scrub)
If you want to stay healthy, wash your hands (scrub, scrub)
With a little soap and water, don’t you know you really oughta
If you want to stay healthy, wash your hands (scrub, scrub)

It will take just twenty seconds, wash your hands (scrub, scrub)
It will take just twenty seconds, wash your hands (scrub, scrub)
With a little soap and water, don’t you know you really oughta
It will just take twenty seconds, wash your hands (scrub, scrub)
“SI TU TOSES”
To the tune of “If You’re Happy And You Know It”

Si tu toses o estornudas lavate – las manos
Si tu toses o estornudas lavate – las manos
Agua y jabón verdad paran la enfermedad
Si tu toses o estornudas lavate – las manos

Si acabas de ir al baño lavate – las manos
Si acabas de ir al baño lavate – las manos
Agua y jabón verdad paran la enfermedad
Si acabas de ir al baño lavate – las manos

Si te vas a comer algo lavate – las manos
Si te vas a comer algo lavate – las manos
Agua y jabón verdad paran la enfermedad
Si te vas a comer algo lavate – las manos

Si tocaste animales lavate – las manos
Si tocaste animales lavate – las manos
Agua y jabón verdad paran la enfermedad
Si tocaste animales lavate – las manos

Si no quieres enfermarte lavate – las manos
Si no quieres enfermarte lavate – las manos
Agua y jabón verdad paran la enfermedad
Si no quieres enfermarte lavate – las manos

Sólo veinte segunditos lavate – las manos
Sólo veinte segunditos lavate – las manos
Agua y jabón verdad paran la enfermedad
Sólo veinte segunditos lavate – las manos

Nombre _______________________________________

Prometo lavarme las manos con frecuencia.

Nombre _______________________________________

Prometo lavarme las manos con frecuencia.