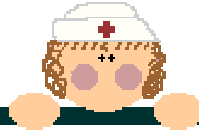


# Bloomfield Elementary School



Come on!  
Let's Stay Healthy!

Presented By

Mrs. Colwell

School Nurse

# Come On! Let's Stay Healthy!

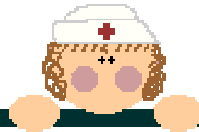
## Presentation Goals & Objectives



- Learn what a GERM is
- How do GERMS cause illness?
- How to prevent GERMS from spreading and causing illness
- Learn how to become a Germ Stopper

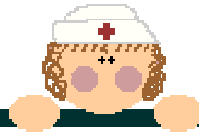


# What is a GERM?



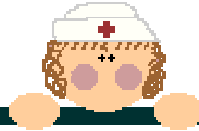
- Tiny, living thing
- Too small to see with your eyes
- Germs are found everywhere
- Certain germs cause illness

# How do GERMS cause Illness?



- Germs are found everywhere
- Germs are picked up and shared with other people
  - Sneeze, cough, injuries, hands, mouth
  - They hide on surfaces, air, wet areas, food
- Germs grow in number... **TOO MANY GERMS** will make you **SICK!**

# GERMS! GERMS! GERMS!



- Too many germs .. Will make you SICK!
- If you get sick, you can make others sick
- You may need to go to the doctor's office
- You may need medicine to get better
- You may need to miss school

# How can YOU stay Healthy?



- Cover your mouth
- Wash your hands... A LOT!
  - Before & after eating
  - After using restroom
  - After playing outside
  - After coughing, sneezing
  - When hands are dirty
  - Wash MORE when someone at home is sick





# GloGerm Demonstration

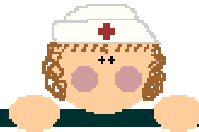


# Good Hand Washing Keeps Us Healthy



1. Wet hands & wrists; add soap
2. Lather! Lather! Lather!
  - Both sides of hands & wrists
  - Between fingers & thumb; fingertips
3. Sing Happy Birthday Two Times!
4. Rinse well
5. Dry well

# Hand Sanitizer Gels



1. Apply one pump to hands
2. Rub hands together
3. Rub all surfaces
  - Both sides of hands & wrists
  - Between fingers & thumb
  - Finger tips
4. Keep rubbing until hands are DRY

# BECOME a GERM STOPPER



- Show everyone that you know how to prevent illness!
- EARN a GERM STOPPER STICKER!



COVER MOUTH AND NOSE



CLEAN HANDS

## Cover Coughs and Sneezes. Clean Hands.

Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

### Clean your hands a lot

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.

[www.cdc.gov/germstopper](http://www.cdc.gov/germstopper)



# Other Ways to Stay Healthy



Practice these Healthy Habits daily:

- Get Plenty of Fresh Air
- Daily Exercise
- Eat More Healthy Foods; Eat LESS Junk Food!
- Drink Lots of Water

# Questions & Answers



Come On!  
Stay Healthy!

Thank you!