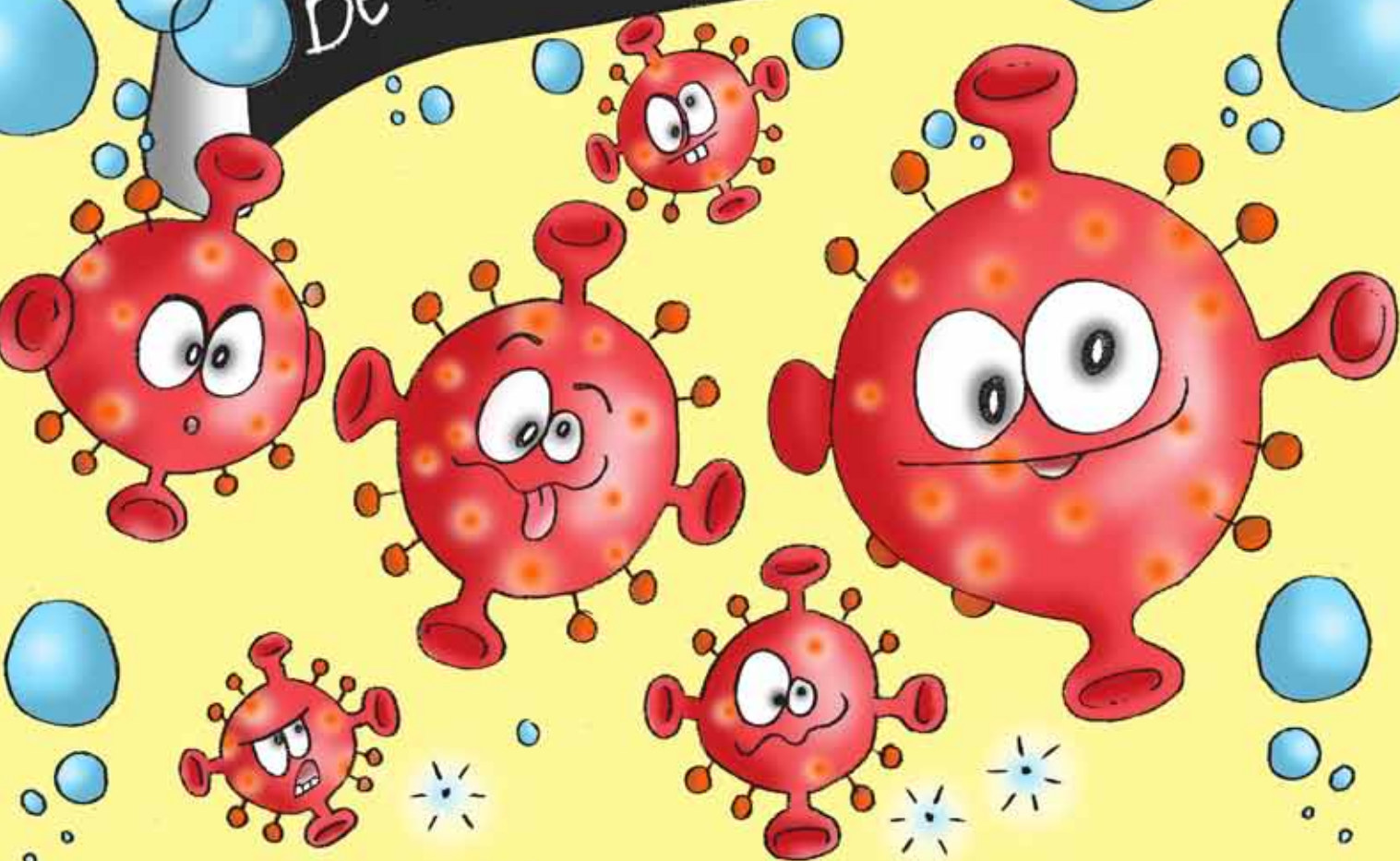




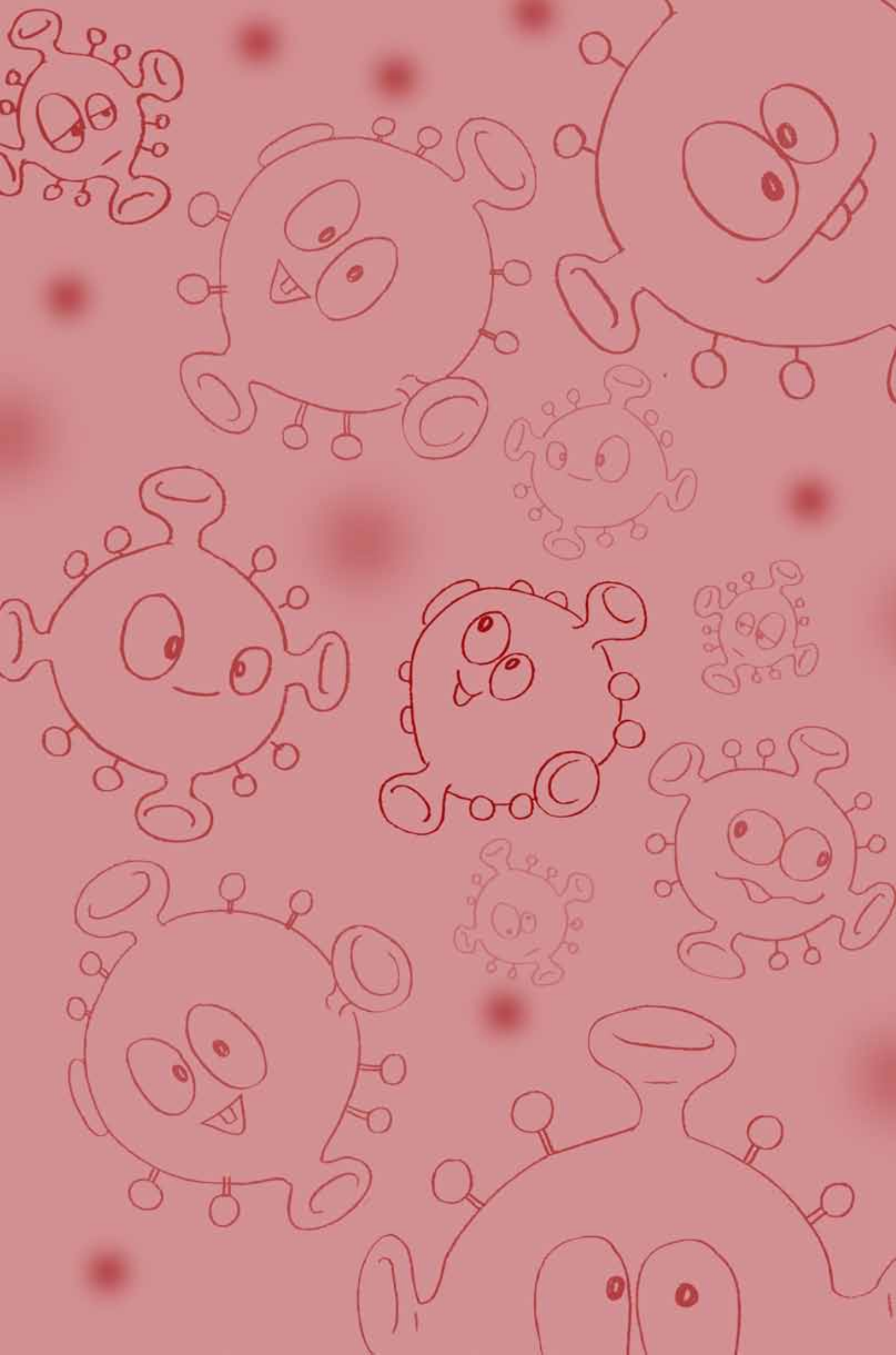
# BYE-BYE GERMS

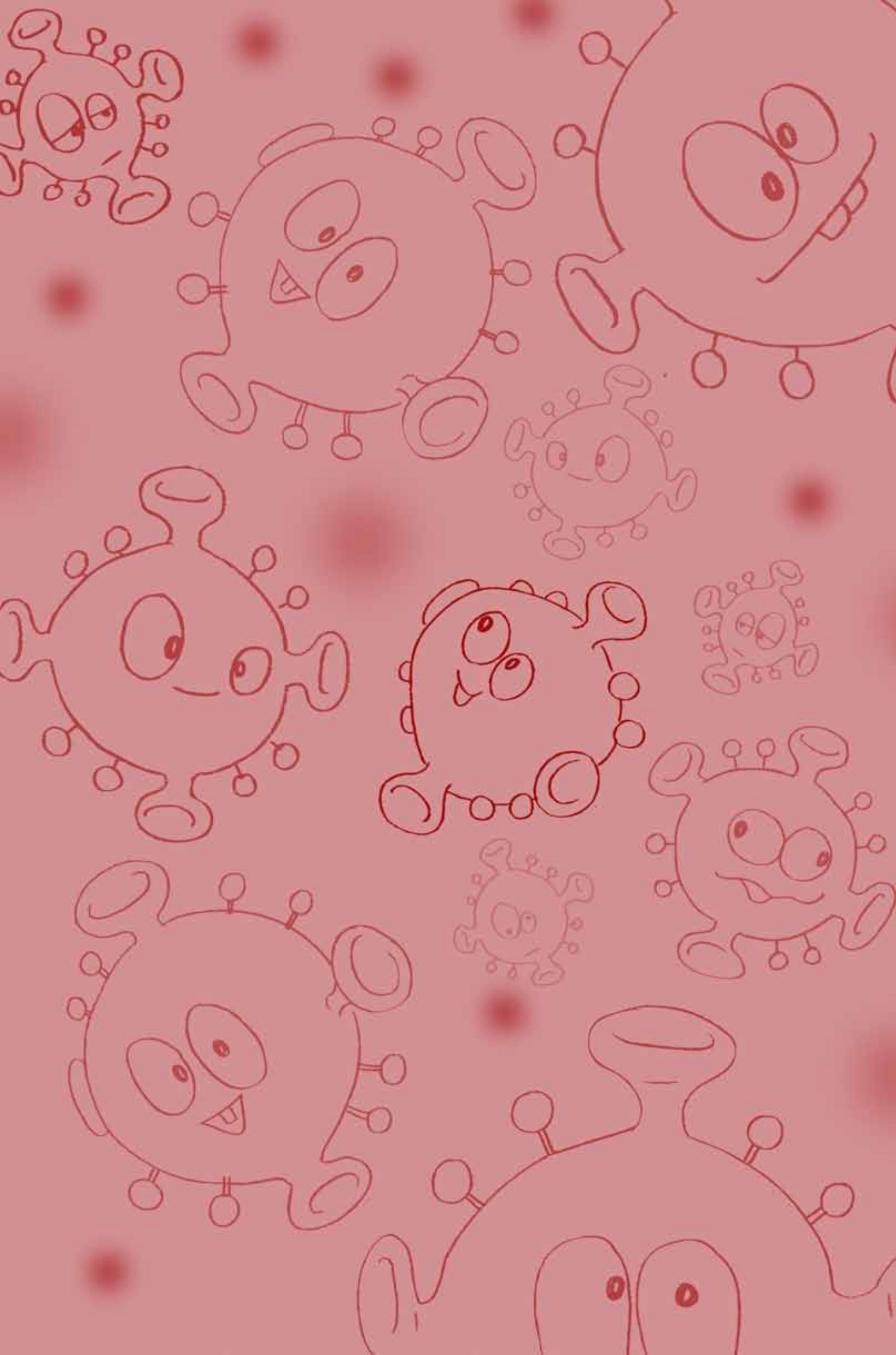
Be a Handwashing Superhero!

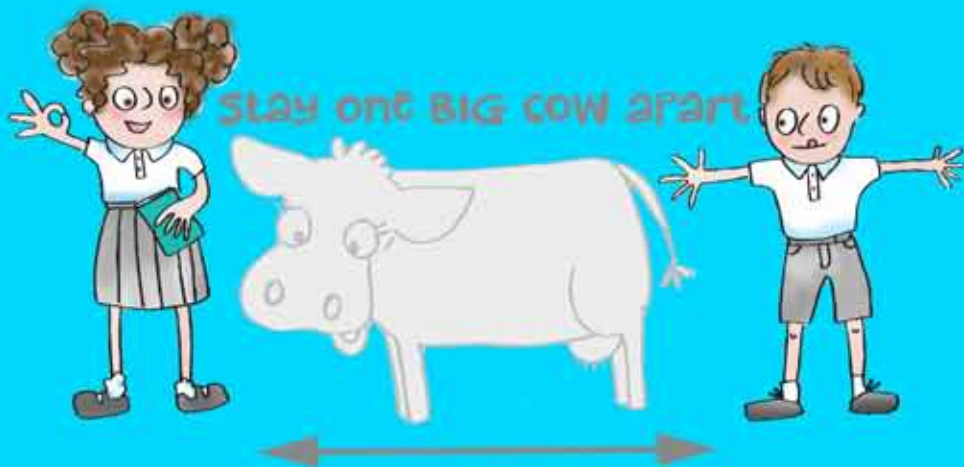


Dr. Katie Laird Prof. Sarah Younie Jules Marriner









This book belongs to







# BYE-BYE GERMS

Be a Handwashing Superhero!

Dr. Katie Laird Prof. Sarah Younie Jules Mariner





# TIPS for Parents and carers

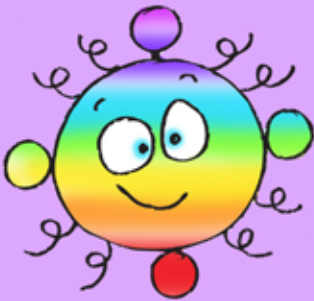
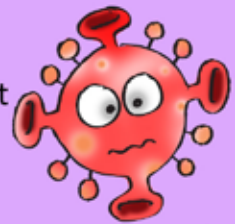


This book follows the journey of germs that cause respiratory illnesses and what children can do to stop themselves, family and friends from getting ill.

The concepts covered by this book include what a germ is, germs being invisible to the naked eye and how they are transferred and cause illness.

When reading this book with children, use the tips and questions below to give you and the children a greater understanding of the science behind germs.

**1) What is a Germ?** – Germs can either be a bacteria or a virus; the germs in this book are viruses. Bacteria (good and bad germs) are living and can multiply independently, both in us and on surfaces. Viruses must have a host (humans) to multiply and cause disease, they only survive on surfaces for short period of time (a few days). Cleaning surfaces and washing hands can remove bacteria AND viruses and keep us healthy. Bacteria can be treated with antibiotics, however, antibiotics don't work against viruses.



**2) Good Germs** – Reassure children that not all germs are bad for you and that many germs are good, they help you digest your food, they are in children's favourite foods like cheese and yoghurt. Also, germs help children build up their immune systems to be strong and healthy.

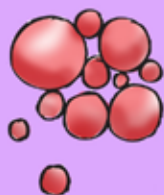
**3) The Germs are Hiding** – Explore with children the idea of germs hiding, so even though they can't see the germs, they ARE there and can make you poorly. Discuss how touching your face with your hands can transfer germs into your body via your mouth, nose and eyes and then make you poorly. Germs can get on your hands from coughing and sneezing on them. This is why it is so important for children to frequently wash their hands to remove the germs.



**4) The Germs are Gone** – Although germs cause illness, they are easily removed from hands by washing with soap. Help children wash their hands with water, soap (bubbles, bubbles, bubbles), rinsing and drying to remove all the germs. This should be encouraged, particularly after coughing and sneezing into their hands, and always before eating meals. Ensure that the towels children use to dry their hands are clean and changed regularly, as towels harbour germs. Germs can be removed from surfaces such as toys by washing them using soapy water or a safe disinfectant spray.



By children catching coughs and sneezes in a tissue or in their elbow (if there is no tissue available) they are preventing their germs being passed on to friends and family. It is important that the tissue is thrown in the bin to stop other surfaces becoming contaminated from it and clothes should be washed using the highest temperature the clothes allow with detergent.



**5) More Germs (Viruses)** – Viruses replicate inside a human cell and use the tools of our cells to make more viruses, this can make us feel poorly. These viruses then go on to infect another person or contaminate a surface. It is important for children to understand that if they stop their germs being passed on to someone else, they stop others becoming poorly, and are therefore superheroes!

## Questions and Interaction

### 1. Do you know how a germ can make you poorly?

If you touch something with germs on and then put your hands in your mouth, the germs will make you poorly or if you breathe in someone else's coughs and sneezes.



### 2. Do you know how to make germs go away?

- Wash your hands with soap and then dry them
- Catch your coughs and sneezes in a tissue or in your elbow.

### 3. Why must you always catch your coughs and sneezes in a tissue or in your elbow?

If you catch the germs from your coughs and sneezes in a tissue and then throw it away, the germs are gone and not on your hand. If the germs go into your elbow make sure you wash those clothes! Catch your germs so you don't make your family and friends poorly.



### 4. Where do germs live?

Discuss with the child the kinds of places you can find germs, e.g. on toilets, on surfaces, in coughs and sneezes. Use the street scene in the book to explore this, as well as the game on the Germ's Journey website ([www.germsjourney.com](http://www.germsjourney.com)) to see where you can find germs and have fun uncovering their hiding places.

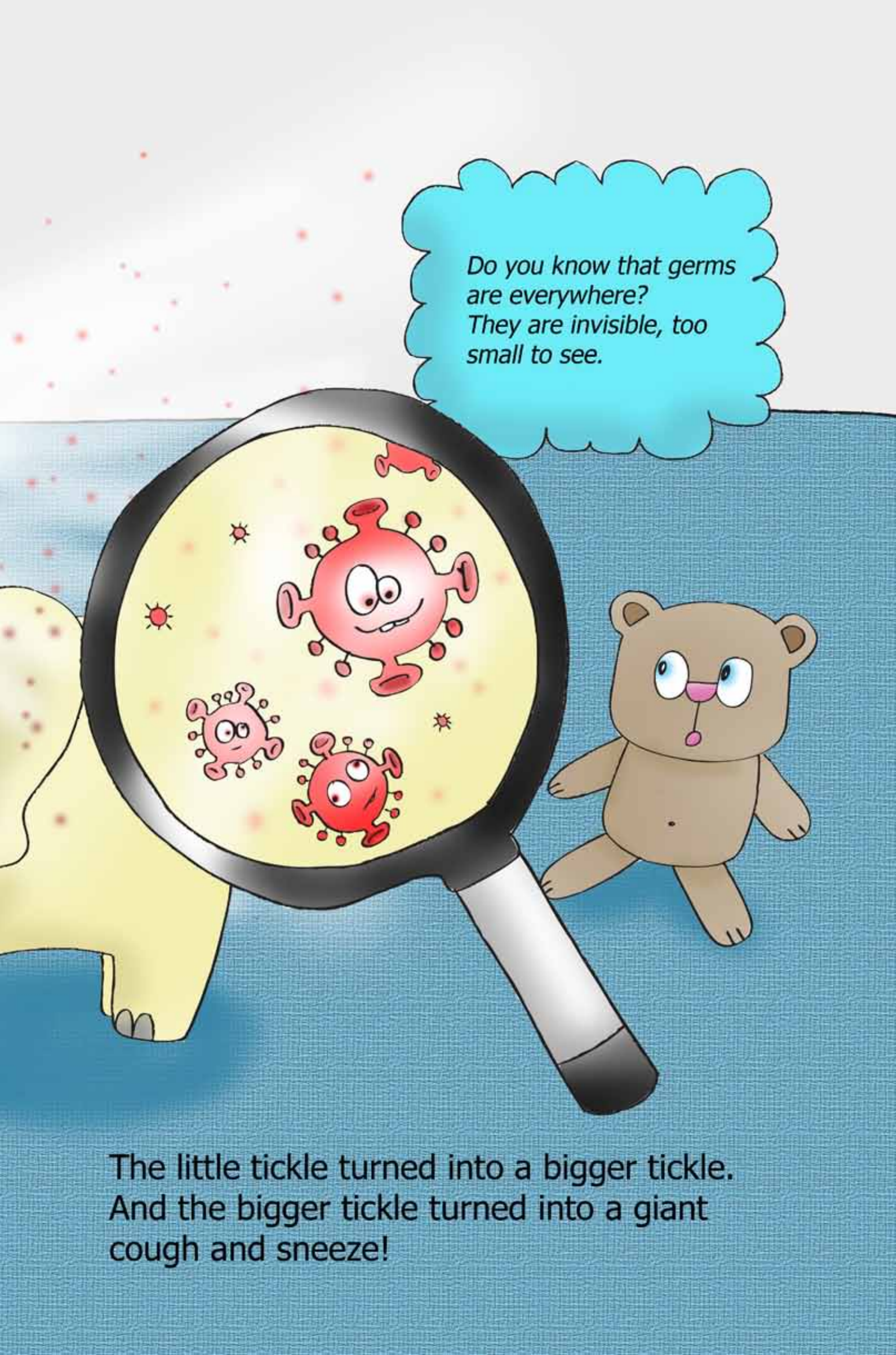






Jess and her brother Joe were playing with their toys when Jess felt a tickle in her throat.

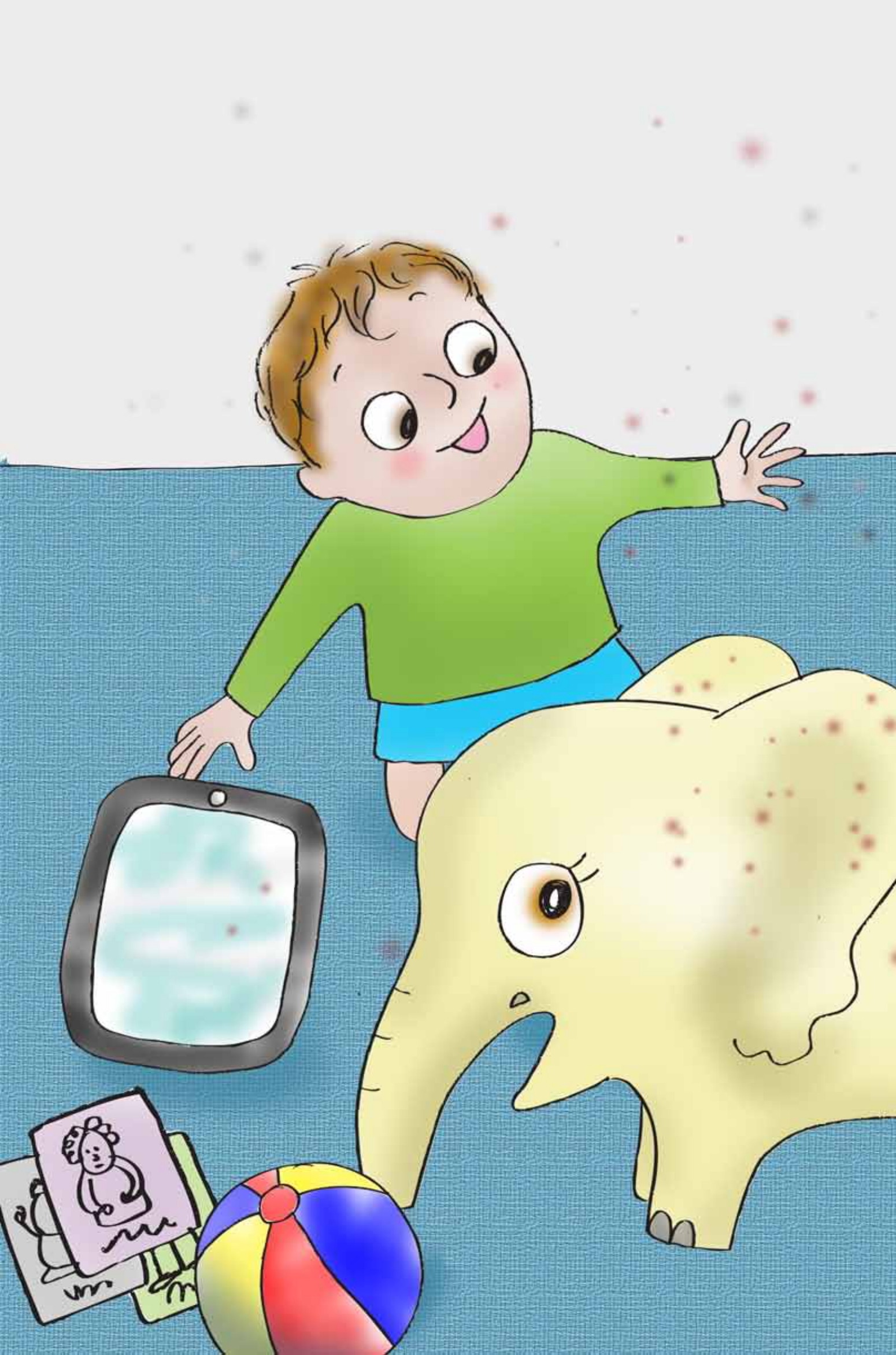





Do you know that germs  
are everywhere?  
They are invisible, too  
small to see.

The little tickle turned into a bigger tickle.  
And the bigger tickle turned into a giant  
cough and sneeze!









We shouldn't worry  
about germs too much,  
they are all around us.  
Some germs are  
friendly...

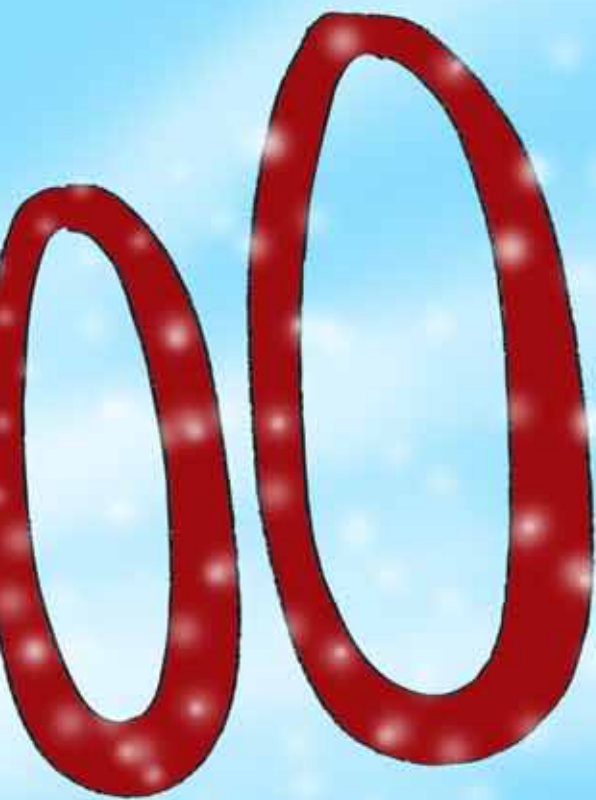
She carried on playing with Joe  
and their toys...



Jess must have passed her germs to Joe, because next week, they felt very poorly and stayed in bed.







*...but some germs can  
be bad. Jess's germs  
were in her cough and  
runny nose.*

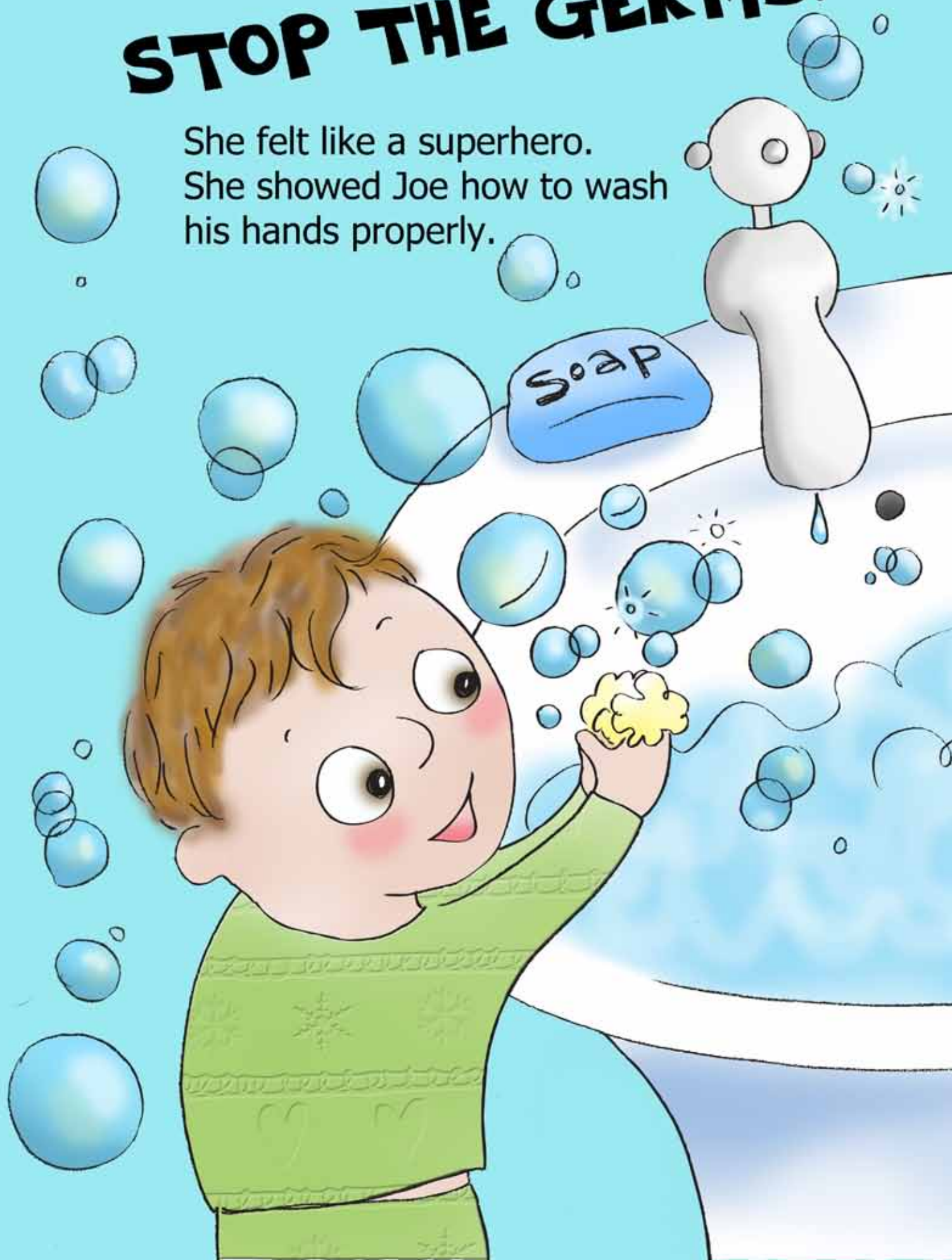


The germs made Jess cough and sneeze,  
and Joe felt hot and shivery.

Then, Jess had an idea to

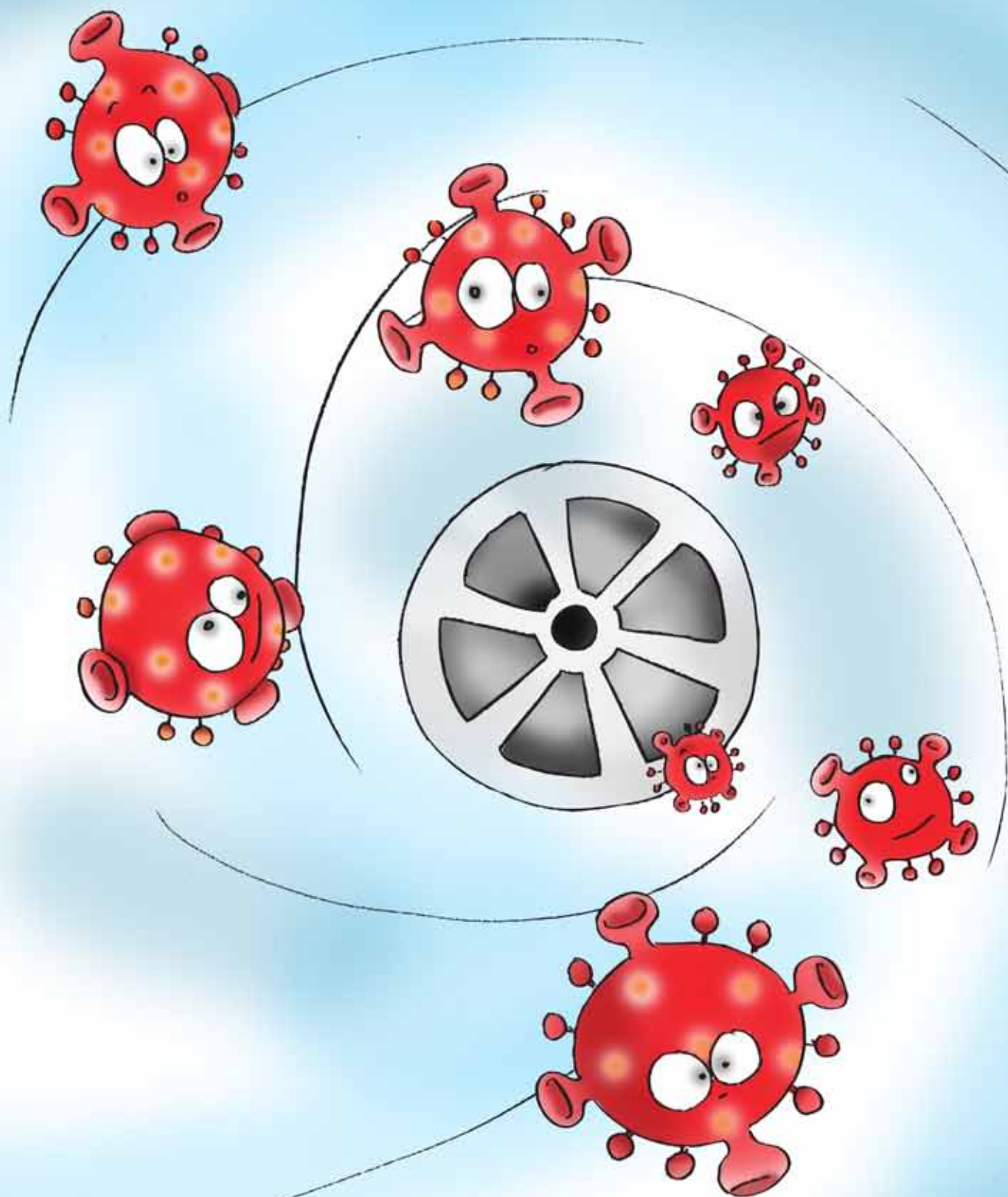
# STOP THE GERMS!

She felt like a superhero.  
She showed Joe how to wash  
his hands properly.



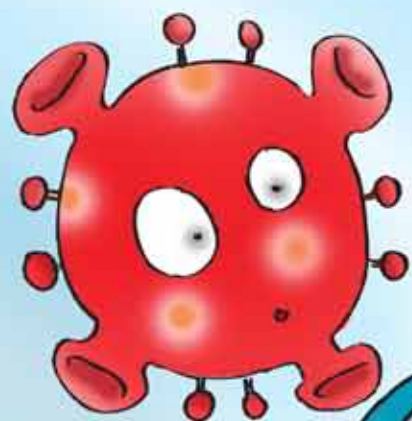






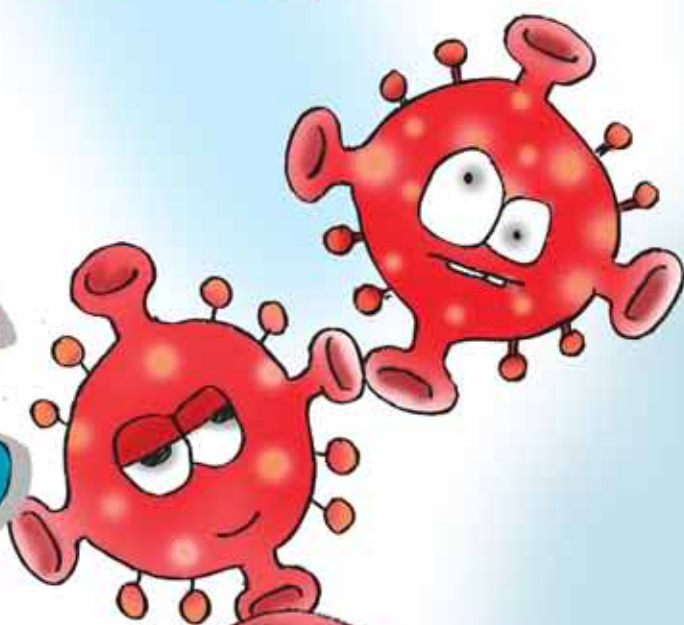
Jess and Joe washed the naughty germs off their hands with soap.



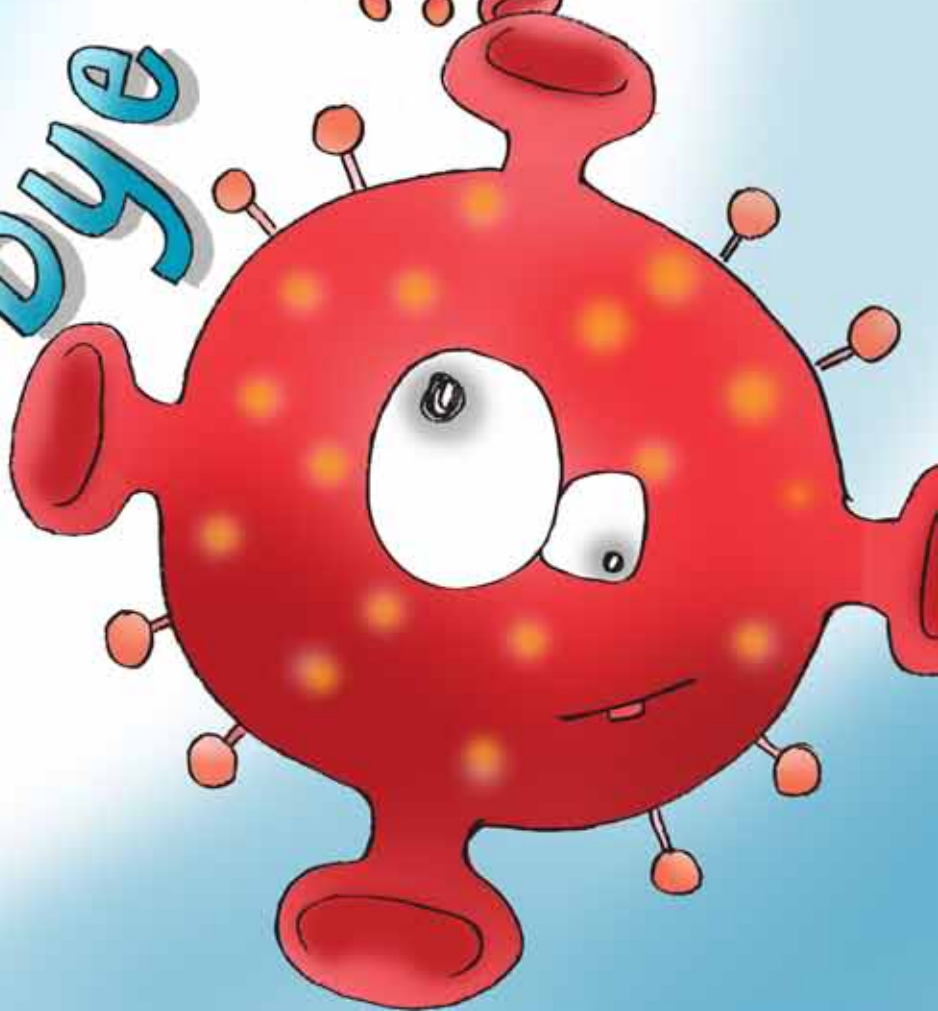


Now the germs are  
gone, they won't get  
on your toys or make  
anyone else poorly.

SAFELY  
GONE



Bye-bye



Bye-bye germs - down the plug hole  
they go.

And now Jess and Joe have ...





# ...CLEAN HANDS



Clean hands means

**NO GERMS.**

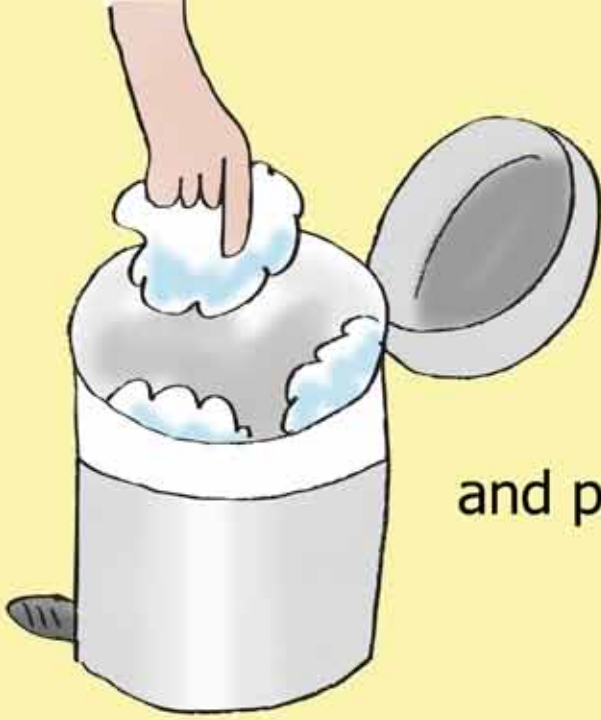
What superheroes!

If you feel a big tickle turning into a giant cough or a sneeze, you can be a superhero too...



Catch your sneeze or cough in a tissue...





and put it in the bin...



or use your elbow.

*By catching the germs, you  
stop them spreading to  
your family and toys.*

Jess and Joe soon felt much better and were back playing with their toys and Mum.





Nobody wants the bad germs.

Keep your family healthy by washing your hands with soap. That way, your toys will be clean and you will be a...

**HANDWASHING SUPERHERO!**











**SPOT THE GERM!**  
There are TEN to find.



# How do you wash your hands?



First wet your hands...



then apply soap.



Make sure your hands are soapy:



in between your fingers,



around your wrists



and in between your nails.



Then wash your hands with clean water.

Remember to wash  
for at least **20** seconds.  
That's as long as it takes to sing  
**HAPPY BIRTHDAY TO YOU**  
twice.





# BYE-BYE GERMS

## Be a Handwashing Superhero!

By **Katie Laird, Sarah Younie and Jules Marriner**

with thanks to Sapphire Crosby

Published in 2020 by  
Medina Publishing  
50 High Street, Cowes, Isle of Wight, PO31 7RR  
United Kingdom  
Tel: +441983300044  
[info@medinapublishing.com](mailto:info@medinapublishing.com)

Text 2020 © copyright Katie Laird, Sarah Younie, Jules Marriner  
Illustrations 2020 © Jules Marriner  
[www.julesmarrinerbooks.com](http://www.julesmarrinerbooks.com)  
Photographs 2020 © copyright Charlie Firth

eBook ISBN: 978-1-911487-47-0  
Paperback ISBN: 978-1-911487-48-7

Published in association with De Montfort University,  
The Gateway, Leicester, LE1 9BH, UK  
[www.dmu.ac.uk](http://www.dmu.ac.uk)

A catalogue record for this book is available from  
The British Library

Bye-Bye Germs is part of A Germ's Journey series  
[www.germsjourney.com](http://www.germsjourney.com)

This eBook is provided to a single user free of charge.  
It must not be distributed for reuse.

