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www.itsasnap.org

This storybook has been created as a part of the National Award winning handwashing campaign created by students from Diamond View School in partnership with Lassen County Public Health Department for the 2012 “Healthy Schools, Healthy People, It’s a SNAP!” national awards program. The “Healthy Schools, Healthy People, It’s a SNAP!” program is a joint initiative of the Centers for Disease Control and Prevention and the American Cleaning Institute®. The School Network for Absenteeism Prevention (SNAP) seeks to improve hand hygiene habits among students to help prevent the spread of infectious disease and reduce related absenteeism. SNAP is a grassroots, education-based effort to improve health by making hand cleaning an integral part of the school day.



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Mykela was enjoying a beautiful day at Riverside Park. She was waiting for her friend Samantha to come join her for a picnic. Suddenly, she felt a tickle in her nose and sneezed into her hand, "Achoo! Achoo!"

Just then, Samantha came skipping through the park giving her friend a high five as she approached her.

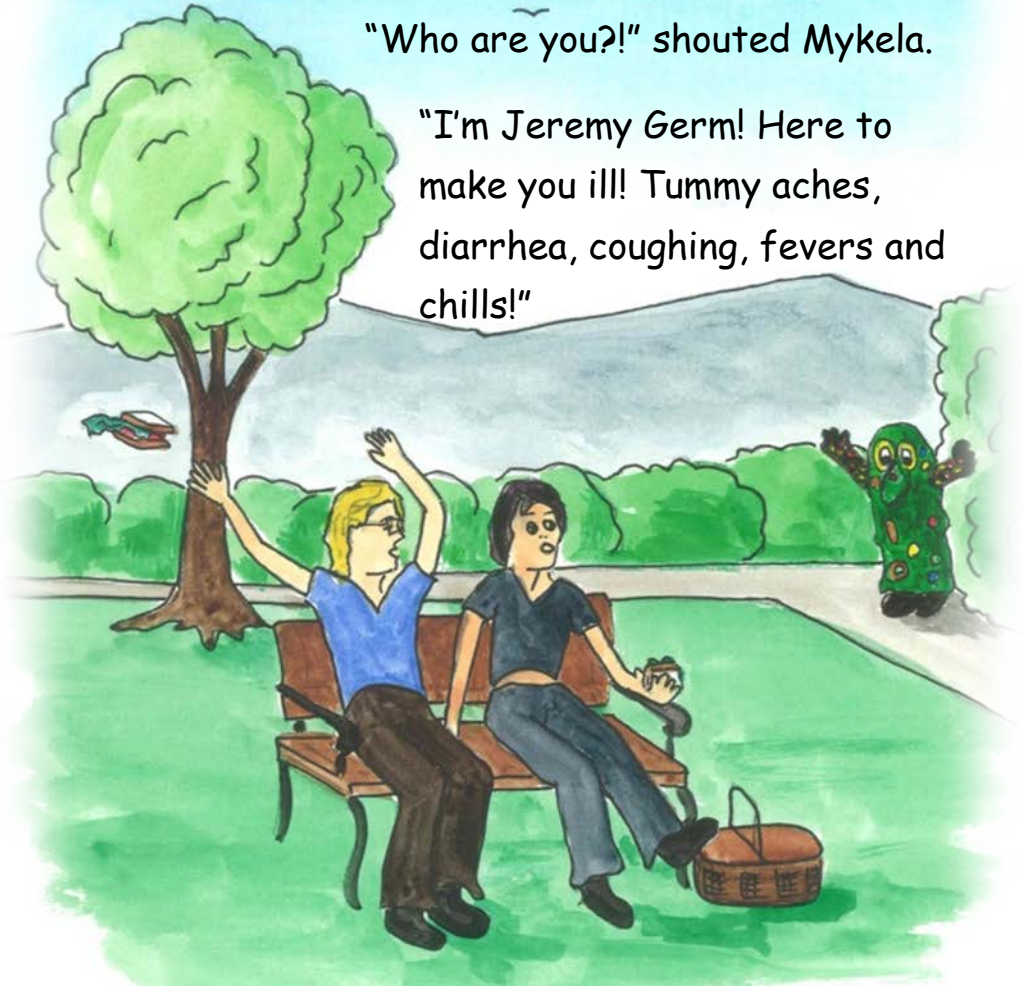
"Hi Mykela! Look at this adorable lost kitten I just found!" she said as she pulled out a little kitty she had under her arm. The girls petted and played with the little kitten as they enjoyed their picnic lunch on that beautiful day.



Suddenly, a mean, ugly creature jumped out of the bushes and startled the girls.

"Who are you?!" shouted Mykela.

"I'm Jeremy Germ! Here to make you ill! Tummy aches, diarrhea, coughing, fevers and chills!"



The frightened girls shouted to the mean germ, "We don't want to get sick! Go away!"

Jeremy replied, "Go away? No way! You see, you invited me!"

"But nobody invited you to our picnic," said Samantha.

Jeremy Germ corrected her, "Your dirty hands are an invite for me. That's how I get around, you see! You girls high fived after Mykela sneezed!

And then you both petted the little kitty. With dirty hands you began to eat!



"That is how I can enter your body!" Jeremy continued.

"When we eat?!" Mykela questioned.

"That's right! For eyes, nose and mouth are the gateways inside. Then I attack your body and there I'll reside!"

Samantha was frightened. "No, No, No!
You better not get inside my body!"

"Oh, you bet I will! And you will start feeling ill. Soon
you'll be stuck in bed and whatever you touch is where I
will spread!"



"I will spread to your teachers, friends,
mothers, sisters, fathers and brothers!
Anybody who comes near you or the things that
you touch, for I am Jeremy Germ:

.....**Mean, Sneaky and Tough!**"



Just then, two superheroes with bright red capes came flying in!

"Not with us around you won't! Germinators to the rescue!" Shouted the amazing heroes.

Jeremy tried to run away but he was too slow.
The Germinators grabbed hold of the villain
and were armed with dangerous weapons: soap
and water.

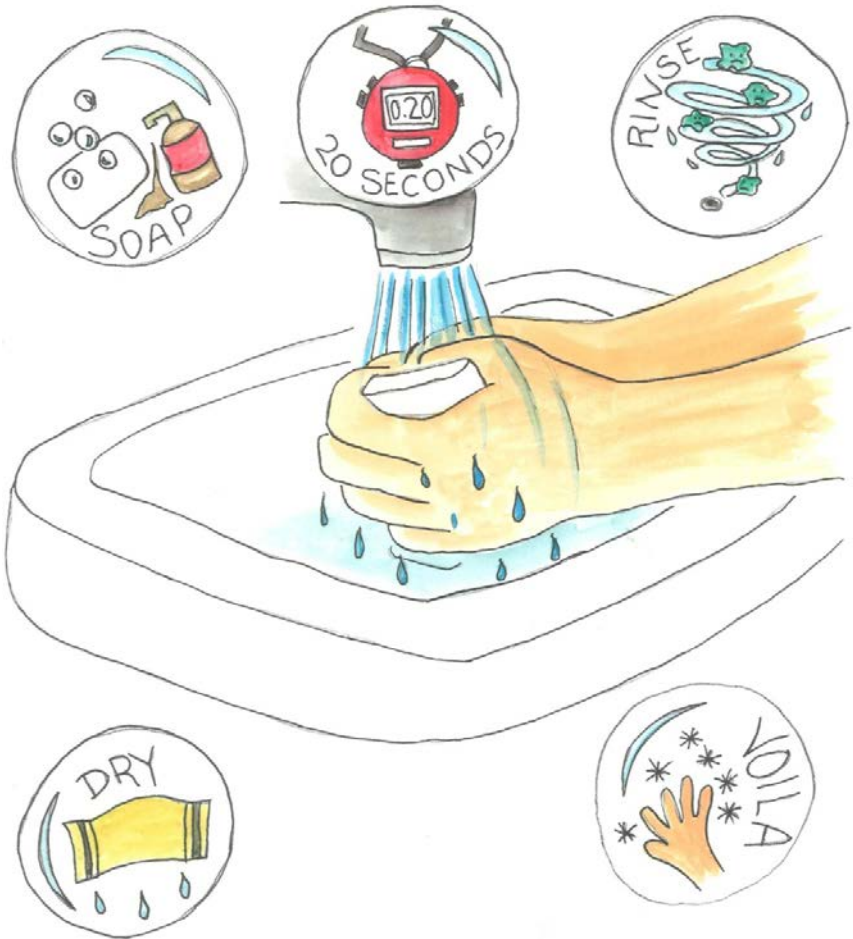


The Germinators began circling Jeremy Germ
while scrubbing him with the soap and water.
Jeremy slowly started to melt into the ground.



Mykela and Samantha were amazed by the powers of the Germinators. The Germinators let the girls know that they too can defeat evil germs like Jeremy!

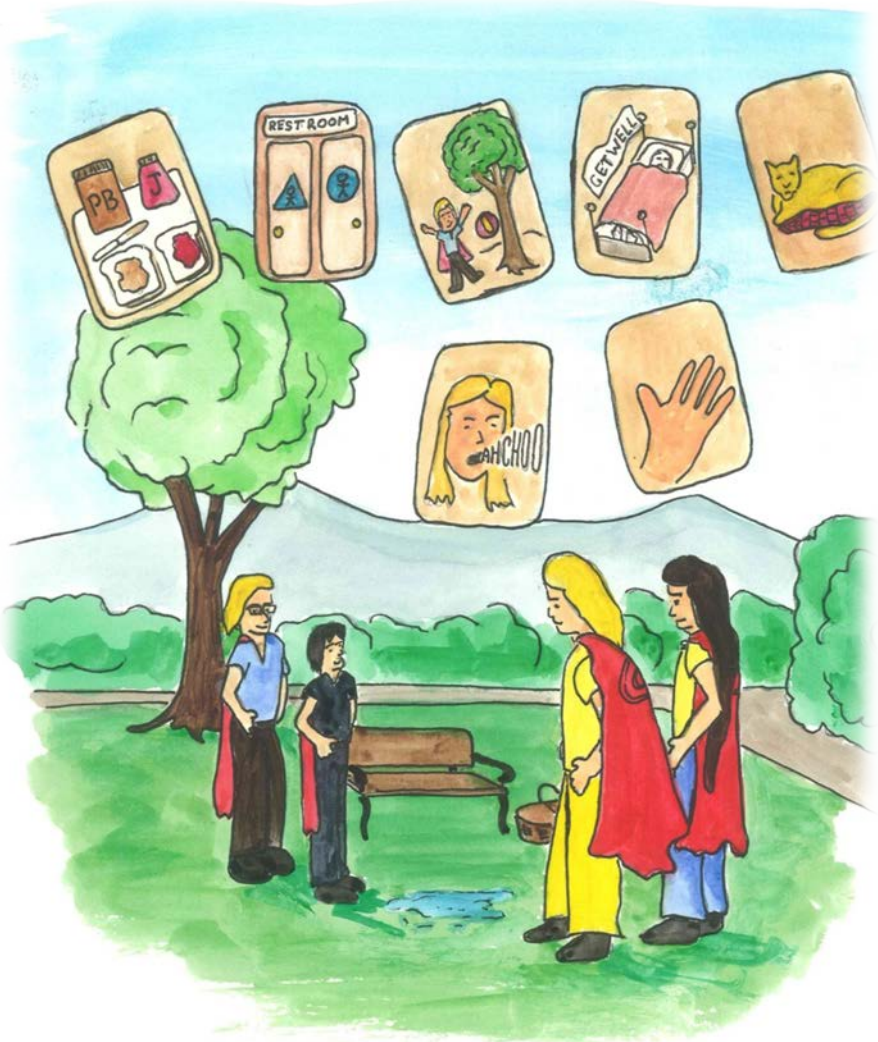
"Just wash your hands with soap and water throughout each day. And remember these important handwashing steps"



1. Rinse your hands with water.
2. Get some soap and make a lather.
3. Scrub all over your hands and under your fingernails for 20 seconds.
4. Rinse again to send the nasty germs down the drain.
5. Dry your hands with a clean towel.

VOILA!!! Germs are gone!!!

The Germinators also taught the girls some very important times they need to wash their hands: Before eating or preparing food, after using the restroom, after playing outside, after being around someone who is sick, after petting animals, after coughing or sneezing and anytime hands are visibly dirty!





"Well girls, we need to go help some other dirty-handed kids fight off germs!" But before the *Germinators* flew off to defeat more germs, they gave the girls the gift of soap and water and *Germinator* capes of their own so they would be armed and ready in case another evil germ came to attack.



Mykela and Samantha were so excited about what they just learned. They pledged to always wash their hands with soap and water so they could be just like the amazing Germinators!

Sing this song while washing hands to the tune of the "Happy Birthday Song" to make sure that you are scrubbing for 20 seconds!

Wash your Hands well each day
To keep Germs away
Scrub with Soap and Water
And be on your way!

Wash your Hands well each day
To keep Germs away
Scrub with Soap and Water
And be on your way!

