

PREVENTING GERMS

What you need to know about germs

We all should be taught about the importance of good health and hygiene, and this is where the need to talk about germs emerges. The topic is a tad bit abstract to comprehend because germs are something that we cannot see, touch or feel. Here is information on the importance of wellness.

What are germs?

Some kids may think that germs are bugs or other gross stuff. But germs are tiny organisms, or living things, that can cause disease. Germs are so small and sneaky that they creep into our bodies without being noticed. In fact, germs are so tiny that you need to use a microscope to see them. When they get in our bodies, we don't know what hit us until we have symptoms that say we've been attacked!

What do germs do?

If germs invade our bodies, they snuggle in for a long stay. They gobble up nutrients and energy, and can make toxins which are proteins that act like poisons. Those toxins can cause symptoms of common infections, like fevers, sniffles, rashes, coughing, vomiting, and diarrhea.

How can we protect ourselves from germs?

Most germs are spread through the air in sneezes, coughs, or even breaths. Germs can also spread in sweat, saliva (spit), and blood. Some pass from person to person by touching something that is contaminated, like shaking hands with someone who has a cold and then touching your own nose.

Steering clear of the things that can spread germs is the best way to protect yourself.

To do that:

- Wash your hands. Washing your hands well and often is the best way to beat germs. Wash your hands every time you cough or sneeze, before you eat or prepare foods, after you use the bathroom, after you touch animals and pets, after you play outside, and after you visit a sick relative or friend. There is a right way to wash your hands. Use warm or cold water and soap, rub your hands together for at least 20 seconds, which is about how long it takes to sing "Happy Birthday" twice.
- Cover up. Cover your nose and mouth when you sneeze and cover your mouth when you cough to keep from spreading germs. Use a tissue when you can, and then throw it away. If you don't have a tissue, cough or sneeze into your elbow, NOT your hands.
- Get your immunizations. No one likes to get shots, but these help keep your immune system strong and prepared to battle germs.
- Take care of your immune system. Help keep your immune system strong and healthy by eating well, exercising regularly, shower or bathe frequently and getting good sleep. All this will help you to be prepared to fight germs that cause illness. These are all a part of "Wellness".

Now that you know the facts about germs, you may still pick up a cough or a cold once in a while, but you'll be ready to keep most of those invading germs from moving in. **Watch the helpful videos on our website to learn more!!!**

This tip sheet was created by Rockin Happy Rocks—

We help support Autism Awareness and Education

Visit our website at: www.rockinhappyrocks.com



Disclaimer: This flyer was created to help educate on popular topics using information from the websites of organizations specializing in research and educating for Autism. These are helpful tips that we found would be useful for you to know. By no means is it intended to prompt you to handle your challenges in any specific way, you should always seek out help from a professional service. Our journey is to bring Awareness to all our audiences and "RockA-Smile".



Name: _____

Is an official Super Hero Germ Patrol Team Member

**Stop bad germs
from spreading by taking care
of your body...**

**Eat healthy
foods and drink
plenty of fluids**

**Avoid touching
your eyes, nose
and mouth**

**Avoid close contact
with people who are
sick, and keep your
distance from others
if you are sick.**

**Bathe or Shower
Frequently**

**Use hand sanitizer or wash
your hands with soap and
warm water then make sure
to dry them off**

**Exercise
regularly**

Get plenty of sleep

**Cover your mouth and nose
when sneezing or coughing**