

10 Tips for a Germ-Free School Year

Adapted By: Have Fun Teaching

The school year always brings new friends, new teachers, new assignments, and unfortunately some new germs. Follow these tips and you might score a perfect attendance record this year!

1. Wash your hands with soap and water after you sneeze, cough, or use the bathroom. Count to 20 or sing a couple of rounds of Row, Row, Row Your Boat while you scrub! Use a hand sanitizer if soap and water aren't available.



2. Use a tissue when you need to sneeze or cough. Throw your tissues in the trash and don't attempt a Guinness World Record for the biggest pile of dirty tissues! If you can't find a tissue, be sure to cough or sneeze into the inside of your elbow.

3. Take a multi-vitamin every day.

4. Don't share water bottles or drinks. Your friend might not know he or she is sick and spread germs to you.

5. Don't share your hair brush or hat. Little creatures like head lice could be hiding out and could be passed on from one person to another.

6. Stay home from school, sports practice, and parties if you feel sick or have a fever.

7. Eat lots of fruits and vegetables. A healthy diet can help boost your immune system and help you fight off illnesses before they make you sick!

8. Sleep eight or more hours every night. A strong body will help you get rid of infections.

9. Get some fresh air and exercise every day. Outside air often carries fewer germs than regular inside air.

10. Don't touch your eyes, nose, or mouth. These areas are germ spreaders.

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Read the story. Use the information in the story to answer the questions below.

1. What can you do while you are washing your hands?
 - A. Whistle
 - B. Count to twenty or sing a song
 - C. Use a tissue
 - D. Stay home
2. Why is it not a good idea to share water bottles or drinks?
 - A. The water might taste very bad
 - B. The water could be warm
 - C. Your friend might not know he or she is sick and spread germs to you
 - D. Water bottles always have bad germs
3. How can head lice be passed on from person to person?
 - A. The nurse gets rid of lice
 - B. By throwing them really hard
 - C. Rubbing your head
 - D. By sharing your hair brush or hat
4. Why is sleep important for your health?
 - A. Sleep will make you more tired
 - B. Eight or more hours every night
 - C. A strong body will help you get rid of infections
 - D. Sleeping makes you sick
5. What areas of your body are germ spreaders?
 - A. Eyes, Nose, and Mouth
 - B. Hands, Legs, Arms
 - C. Eyes, Feet, Hands
 - D. Mouth, Stomach, Head

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ANSWER KEY

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