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THE
GUNKY
BACTERIA BROTHERS

WRITTEN &
CREATED BY
MICHELLE
BAIN



**PROACTIVE
PARENTS/GUARDIANS
GUIDE**

They're Everywhere!

YOU MIGHT NEED A MICROSCOPE TO SEE THEM, BUT GERMS, BACTERIA AND VIRUSES CAN LIVE ON ALMOST ANY SURFACE. THEY'RE REALLY GOOD AT SPREADING DISEASES AND MAKING PEOPLE SICK. THAT'S WHY YOUR CHILD NEEDS TO KNOW HOW IMPORTANT IT IS TO STAY NEAT AND CLEAN.

BY GETTING KIDS IN THE HABIT OF DOING A FEW SIMPLE STEPS EACH DAY, YOU CAN HELP THEM STAY HAPPY, HEALTHY AND FREE OF GERMS LIKE THE *GUNKY BACTERIA BROTHERS*.



DISCLAIMER. This book provides general information about hygiene and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed healthcare professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns.

Sneaky, Sneaky

GERMS HANG OUT EVERYWHERE, PROBABLY IN PLACES YOU NEVER EVEN THINK ABOUT, BUT THERE YOUR KIDS ARE, TOUCHING THEM WITHOUT A THOUGHT OF THE GERMS THEY HOLD.

- DOOR HANDLES
- PHONES
- RESTAURANT MENUS
- RESTROOM FAUCETS
- GROCERY STORE CARTS
- ESCALATOR HANDRAILS
- ELEVATOR BUTTONS

THE BEST DEFENSE? SIMPLY WASHING THEIR HANDS WITH SOAP REGULARLY AND STAYING NEAT AND CLEAN.

IN THE *ADVENTURES OF BOINGG & SPROCKETTE* BOOK *THE GUNKY BACTERIA BROTHERS*, YOUR KIDS WILL LEARN ABOUT THESE GERMS AND HOW TO KEEP THEM AWAY BY WASHING HANDS, BATHING OR SHOWERING, KEEPING THEIR HAIR AND CLOTHES CLEAN, AND TAKING CARE OF THEIR FEET AND TEETH.

HELP YOUR CHILD TAKE THE PRE-TEST BEFORE READING THE BOOK. AFTERWARDS, SEE WHAT THEY'VE LEARNED BY HAVING THEM TAKE THE POST-TEST AT THE BOOK'S END.

HAVING GOOD
HYGIENE WILL KEEP
YOU HEALTHY AND
HAPPY!



Germ's: from Me to You

TWO TYPES OF GERMS

BACTERIA ARE TINY SINGLE-CELLED GERMS. THEY CAN LIVE OUTSIDE OR INSIDE A BODY, CAUSING INFECTION. BACTERIA CAN CAUSE:

- SORE THROATS
- EAR INFECTIONS
- CAVITIES
- PNEUMONIA

SOME BACTERIA HELP OUR BODIES. GOOD HELPER BACTERIA LIVE IN OUR INTESTINES AND BREAK DOWN THE FOOD WE EAT. SCIENTISTS ALSO USE BACTERIA TO MAKE MEDICINES AND VACCINES.

VIRUSES GROW AND REPRODUCE INSIDE LIVING THINGS. INSIDE PEOPLES' BODIES, THEY CAN SPREAD AND MAKE PEOPLE SICK. VIRUSES CAN CAUSE:

- FLU
- CHICKENPOX
- MEASLES
- MANY OTHER DISEASES



WOW! THERE ARE SO MANY THINGS TO LEARN ABOUT GERMS!

Clean it Like You Mean it!

MAKE SURE YOUR KIDS KNOW WHY WASHING THEIR HANDS IS SO IMPORTANT. GERMS CAN PASS EASILY FROM ANYTHING THEY TOUCH, SO MAKE SURE YOUR CHILDREN ARE WASHING THEIR HANDS:

- WHENEVER THEY'RE DIRTY
- AFTER PLAYING OUTSIDE
- AFTER USING THE BATHROOM
- BEFORE AND AFTER EATING OR MAKING FOOD
- AFTER COUGHING, SNEEZING OR BLOWING THEIR NOSE
- AFTER PETTING ANIMALS
- AFTER VISITING SICK FRIENDS OR RELATIVES
- BEFORE AND AFTER TREATING A WOUND OR CUT
- AFTER TOUCHING GARBAGE

BELIEVE IT OR NOT, THERE'S A RIGHT WAY TO WASH YOUR HANDS. MAKE SURE YOUR CHILD IS USING THESE STEPS:

1. WET HANDS WITH CLEAN RUNNING WATER AND APPLY SOAP.
2. RUB HANDS TOGETHER TO LATHER THEM UP. SCRUB THE BACKS, BETWEEN THE FINGERS AND UNDER THE NAILS.
3. KEEP RUBBING HANDS FOR AT LEAST 20 SECONDS. HUM THE "HAPPY BIRTHDAY" SONG FROM BEGINNING TO END TWICE AS A TIMER.
4. RINSE HANDS WELL UNDER RUNNING WATER.
5. DRY HANDS USING A CLEAN TOWEL, PAPER TOWEL OR AIR DRY.



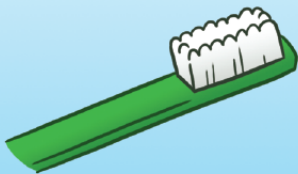
Nothing but the Tooth

GOOD ORAL HYGIENE

TAKING CARE OF YOUR TEETH AND MOUTH SHOULD START EARLY IN A CHILD'S LIFE. FOOD LEFT ON TEETH AFTER EATING CAN CAUSE BACTERIA TO GROW, WHICH IN TURN CAN CAUSE TOOTH DECAY.

TOOTH TIPS

- BRUSHING 3 TIMES A DAY IS BEST, BUT IT'S MOST IMPORTANT TO BRUSH IN THE MORNING AND AT NIGHT BEFORE BED.
- MAKE SURE YOUR CHILD BRUSHES FOR 2-3 MINUTES AT A TIME.
- TEACH YOUR CHILD TO USE THE RIGHT AMOUNT OF FORCE WHEN BRUSHING. LAZY BRUSHING WON'T CLEAN WELL, BRUSHING TOO HARD CAN HARM THE ENAMEL ON THE TEETH.
- TEACH YOUR CHILD TO FLOSS AT AN EARLY AGE, FLOSSING CLEANS BETWEEN TEETH AND CAN PREVENT GUM DISEASE.
- OLDER CHILDREN CAN RINSE WITH MOUTHWASH. WATCH THEM CAREFULLY TO MAKE SURE THEY'RE NOT SWALLOWING THE MOUTHWASH.
- HELP YOUR CHILDREN FLOSS THEIR TEETH. IT WILL BE HARD FOR THEM TO DO ON THEIR OWN UNTIL THEY'RE SIX OR SEVEN. FLOSS STICKS OR PICKS MAY BE EASIER FOR THEM THAN REGULAR STRING FLOSS. TRY THEM AND SEE WHAT WORKS BEST.

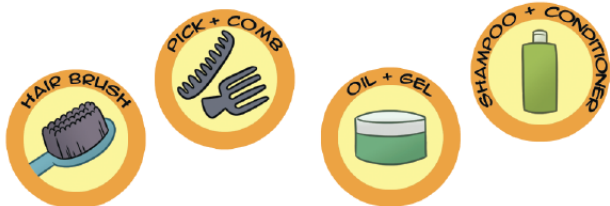


Hair We go Again

KEEPING HAIR CLEAN AND GERM-FREE

DIFFERENT TYPES OF HAIR CALL FOR DIFFERENT TYPES OF CARE. WHETHER YOUR CHILD HAS LONG AND FINE HAIR, KINKY HAIR, SHORT HAIR OR CURLY HAIR, KEEPING IT NEAT AND CLEAN WILL KEEP THE GERMS AWAY.

HELP YOUR CHILD LEARN HOW TO USE HAIRBRUSHES, PICKS, COMBS, OILS AND GELS TO KEEP HIM OR HER LOOKING NICE. SCRUBBING WITH SHAMPOO EVERY DAY IS GOOD FOR THE HAIR AND SCALP, GIVING IT A HEALTHY APPEARANCE AND NICE SMELL, AS WELL AS KEEPING GERMS FROM MAKING A HOME. KIDS WITH CURLY OR DRY HAIR SHOULD USE CONDITIONER.



TEACHING YOUR KIDDOS HOW TO SHAMPOO

1. GET HAIR AND SCALP WET WITH WARM WATER.
2. POUR A SMALL DROP OF SHAMPOO INTO THE PALM OF YOUR CHILD'S HAND.
3. HAVE YOUR CHILD GENTLY MASSAGE THE SHAMPOO INTO THE SCALP.
4. RINSE WELL WITH WARM WATER UNTIL ALL OF THE SUDS ARE GONE.
5. COVER THE HAIR WITH A TOWEL AND PAT DRY. RUBBING THE HAIR CAN DAMAGE IT.
6. GENTLY COMB OUT THE DAMP HAIR AND LET IT AIR DRY.

The Filthy Five

FIVE COMMON WAYS GERMS ARE SPREAD

2

FROM: THE HANDS

TO: YOUR CHILD'S FOOD

GERMS CAN BE PASSED THROUGH FOOD MADE BY AN INFECTED PERSON WITH UNCLEAN HANDS.

WHAT TO DO: ADULTS AND CHILDREN SHOULD ALWAYS WASH THEIR HANDS AFTER USING THE TOILET AND BEFORE MAKING FOOD.

1

FROM: A CHILD'S NOSE, MOUTH, EYES

TO: THEIR HANDS

GERMS LIKE TO CATCH A RIDE FROM THE NOSE, MOUTH OR EYES ONTO A CHILD'S HANDS. THOSE GERMS CAN THEN BE PASSED TO ANYONE OR ANYTHING TOUCHED.

WHAT TO DO: HAVE YOUR KIDS WASH THEIR HANDS. THIS CAN HELP STOP THE SPREAD OF COLDS AND EYE INFECTIONS.



3

FROM: INFECTED KIDS

TO: HANDS OF OTHER KIDS

A SICK CHILD CAN PASS GERMS ON WHEN OTHER KIDS TOUCH GERMY SURFACES.

WHAT TO DO: MAKE SURE YOUR CHILD WASHES UP AFTER BEING IN CONTACT WITH A SICK CHILD.

4

FROM: RAW FOODS

TO: HANDS

GERMS LIVE ON RAW FOODS LIKE CHICKEN AND CAN BE PASSED TO HANDS OR OTHER FOODS.

WHAT TO DO: KIDS AND ADULTS SHOULD WASH HANDS IMMEDIATELY AFTER TOUCHING RAW FOOD. COOK THESE FOODS THOROUGHLY TO KILL THE GERMS.

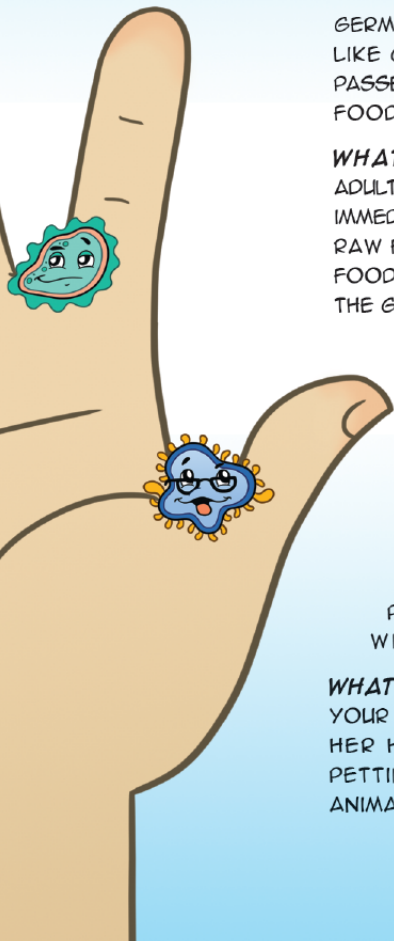
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FROM: ANIMALS

TO: CHILDREN

GERMS CAN LIVE ON PETS AND ANIMALS AND BE PASSED WHEN PETTING OR PLAYING WITH THEM.

WHAT TO DO: MAKE SURE YOUR CHILD WASHES HIS OR HER HANDS WELL AFTER PETTING OR PLAYING WITH ANIMALS.



Wash N' Wear

KEEPING CLOTHES CLEAN

IF YOUR KIDS ARE LIKE MOST, THEY DON'T MIND A LITTLE DIRT, GRIME AND GUNK ON THEIR CLOTHES. OR A LOT. BUT THE TROUBLE IS, DIRT ON CLOTHES CAN QUICKLY BECOME GERMS ON THE BODY. GET YOUR KIDS IN THE HABIT OF HELPING TO WASH THEIR CLOTHES. THEY'LL FEEL BETTER WITH CLEAN CLOTHES ON AND KEEP GERMS AWAY.

STEP 1: PUT THE DIRTY CLOTHES IN THE WASHER WITH LAUNDRY SOAP.



STEP 2: HELP THEM ADJUST THE SETTING AND START THE LOAD.



STEP 3: WHEN FINISHED WASHING, PUT THE WET CLOTHES IN THE DRYER.



STEP 4: TAKE THE DRIED CLOTHES OUT WHEN FINISHED AND FOLD OR HANG UP NEATLY.



TEACHING KIDS HOW TO WASH CLOTHES NOW WILL HELP THEM MAKE A REGULAR ROUTINE OF IT WHEN THEY'RE OLDER.

These Little Piggies

GOOD FOOT CARE

WE ALL KNOW WHAT HAPPENS WHEN FEET AREN'T KEPT CLEAN. ODOR HAPPENS.

DID YOU KNOW...

SWEAT IS ACTUALLY ODORLESS. IT'S THE BACTERIA THAT GROW FROM THE SWEAT THAT CAUSES THE SMELL.

BACTERIA LIKE TO GROW IN THE WARM, DAMP AREAS OF FEET, BETWEEN THE TOES, UNDER THE TOENAILS AND ON THE BOTTOM OF FEET, ESPECIALLY INSIDE SHOES THAT AREN'T WELL VENTILATED.

TOE TIPS FOR KIDS

- WASH FEET EVERY DAY
- SCRUB FEET WITH SOAP IN THE SHOWER OR IN A BUCKET OF WARM WATER
- KEEP TOENAILS TRIMMED
- DRY FEET COMPLETELY BEFORE PUTTING ON SOCKS
- WEAR SHOES WITH GOOD VENTILATION



Flush with Success

GOOD BATHROOM HYGIENE

THERE'S PROBABLY NO OTHER ROOM IN THE HOUSE WHERE GERMS LIKE TO HANG OUT MORE THAN THE BATHROOM. SO KEEPING IT CLEAN AND MAKING SURE YOUR CHILD FOLLOWS GOOD BATHROOM HYGIENE SHOULD BE PAGE ONE OF YOUR HEALTHY RULE BOOK.

WHEN USING A PUBLIC RESTROOM, YOUR CHILD SHOULD TAKE CARE TO BE EXTRA SAFE! TEACH HIM OR HER THESE RULES:

- FLUSH THE TOILET WITH YOUR FOOT IF POSSIBLE, OR JUST USE A PIECE OF TOILET PAPER TO FLUSH THE TOILET HANDLE
- ALWAYS WASH YOUR HANDS WITH SOAP AND WATER AFTER USING THE TOILET
- USE YOUR ELBOW TO TURN ON THE HAND DRYER
- USE A PAPER TOWEL TO TURN OFF WATER FAUCET AND TO OPEN THE DOOR WHEN LEAVING



Tub Tips

BATHTIME CAN BE PLAYTIME BUT IT'S IMPORTANT TO STRESS TO YOUR KIDS THAT BATHING IS FIRST AND FOREMOST FOR GETTING CLEAN. HERE ARE SOME TIPS FOR KEEPING YOUR KIDS SAFE IN THE TUB:

- NEVER LEAVE YOUR CHILD ALONE IN THE TUB, ESPECIALLY IF THEY'RE FIVE OR YOUNGER.
- CLEAN ANY TUB TOYS AFTER EACH BATH. THESE CAN COLLECT GERMS. RUN THEM UNDER HOT WATER ONCE A WEEK.
- KEEP THE BATHWATER BETWEEN 90 AND 100 DEGREES. TEST THE WATER FREQUENTLY TO MAKE SURE IT'S NOT TOO HOT. PLACE YOUR CHILD AT THE FAR END OF THE TUB AWAY FROM THE TAPS AND DON'T LET THEM TOUCH THE TAPS.
- USE A NON-SLIP MAT OR BATH DECALS SO YOUR CHILD DOESN'T SLIP AND FALL. YOU CAN ALSO INSTALL FAUCET COVERS THAT PREVENT INJURIES. PLACE A NON-SLIP BATHROOM RUG ON THE FLOOR OUTSIDE THE TUB.
- KEEP YOUR BATHROOM SAFE BY PUTTING SHAMPOO, LOTION, SCISSORS, RAZORS AND SHARP OBJECTS WELL OUT OF REACH.



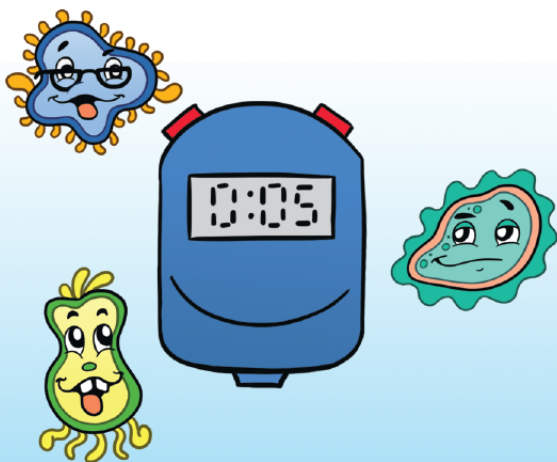
Don't be a Fool for the "Five Second Rule"

SOME PEOPLE BELIEVE IF YOU PICK UP DROPPED FOOD FROM THE FLOOR WITHIN FIVE SECONDS, IT'S GERM-FREE AND OKAY TO EAT.

WRONG.

SORRY, BUT BACTERIA DOESN'T STAND AROUND WITH A STOPWATCH WAITING FOR FIVE SECONDS TO PASS. A DIRTY FLOOR CAN BE HOME TO MILLIONS OF NASTY BACTERIA, AND THE INSTANT THAT FOOD HITS THE LINOLEUM, THEY CAN JUMP ON FOR A RIDE.

IT'S TRUE THAT THE LONGER A PIECE OF FOOD STAYS ON THE FLOOR, THE MORE BACTERIA IT CAN COLLECT. THAT DOESN'T MEAN YOUR APPLE SLICE IS SAFE BECAUSE YOU GRABBED IT WITHIN A FEW SECONDS. WHEN IN DOUBT, THROW IT OUT!



Good Clean Resources

***CENTERS FOR DISEASE CONTROL
AND PREVENTION***

WWW.CDC.GOV

800-CDC-INFO (800-232-4636)

GLOBAL HANDWASHING DAY

WWW.GLOBALHANDWASHINGDAY.ORG

CLEAN HANDS COALITION

WWW.CLEANHANDSCOALITION.ORG

HENRY THE HAND, CHAMPION HANDWASHER

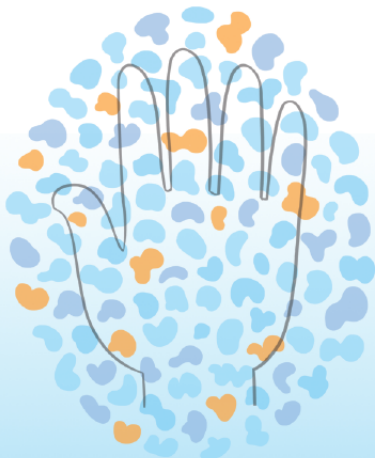
WWW.HENRYTHEHAND.COM

THE SOPE PROJECT™

WWW.SOPE.NET

NSF SCRUB CLUB

WWW.SCRUBCLUB.ORG



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VIRUSES, BACTERIA AND OTHER GERMS ARE LURKING EVERYWHERE. YOU CAN'T KEEP YOUR CHILD TOTALLY GERM-FREE, BUT YOU CAN HELP THEM STAY CLEAN, HAPPY AND HEALTHY BY FOLLOWING A FEW STEPS.

IN THIS BOOK, YOU'LL LEARN ABOUT:

- WASHING HANDS
- HAIR, FOOT AND DENTAL CARE
- BATHROOM HYGIENE
- KEEPING CLOTHES CLEAN
- AND MORE!



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KEEP THE PLANET HEALTHY!
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