

STOP THE SPREAD OF GERMS





THIS BOOK BELONGS TO

Name:

Class:

School:





**Learn simple steps to fight
the spread of infectious diseases like the flu.**

Have fun completing the activities and stay healthy!

REMEMBER TO WASH YOUR HANDS!

Meet John! He is just like you.
Follow him to find out how he spends his day in school!



John goes to the toilet.



John goes to school and listens to the teacher tell a story.

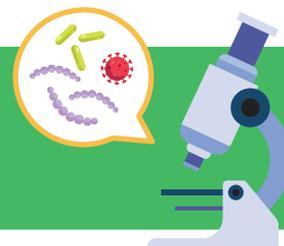


John plays with the toys and touches many surfaces.



It's snack time, and John is ready to eat his snack.
Can you tell John **what he should do** before eating his snack?

Germs are very tiny and they may be harmful.
You cannot see them so **wash your hands with soap and water** to keep the germs away.



LET'S PRACTICE THE 8 STEPS OF HAND WASHING WITH JOHN!

John wants to wash his hands.
Can you show him **how to wash his hands** properly?



Palm to Palm



Between Fingers



Rinse and Wipe Dry



Back of Hands



Wrists



Base of Thumbs



Fingernails



Back of Fingers

Do you know that you need to wash your hands
with soap and water for **at least 20 seconds**?
You can sing the Happy Birthday song **twice**!



ARE YOU WASHING YOUR HANDS WITH SOAP?

Li Li wants to wash her hands but she has no idea what to use!
Let's help to **circle and colour** the things she needs.



Hanger



Basin



Plant



Towel



Soap



Toothbrush



Answer:

DID YOU KNOW?

As germ busters, let's learn these words to fight the spread of infectious diseases like the flu.

Start by **tracing the words** below.



Fever

Fever is usually a sign that your body is fighting an infection.



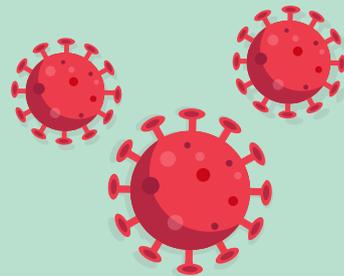
Doctor

Go to the **doctor** when you are feeling unwell.



Bacteria

Tiny germs that can cause infections and **can be killed** by antibiotics.

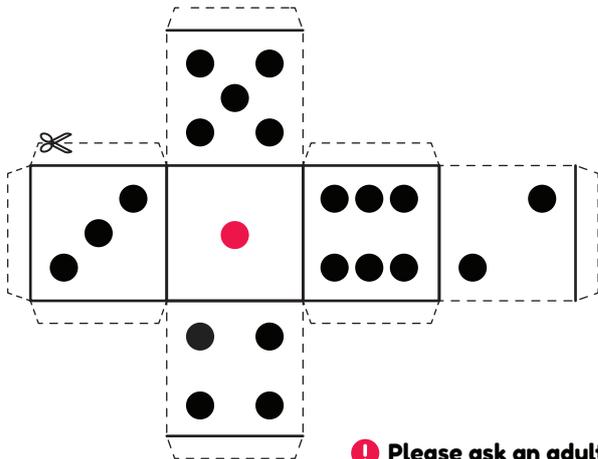


Virus

Tiny germs that can cause infections and **cannot be killed** by antibiotics.

DO YOU KNOW WHEN TO WASH YOUR HANDS?

Cut out the dice and characters to play the game.
Roll the dice to play and **reach for the golden star** ★!



❗ Please ask an adult to assist you in cutting out the dice and the players too.

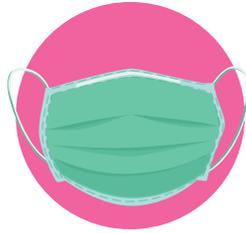
21 20 You wash hands after playing at the playground.	22 	23 You did not follow the 8 steps of handwashing.	24 Finish!
11 You did not wash your hands properly.	12 	13 	14 You did not wash your hands when you reach home.
10 	9 You wash hands before eating food.	8 	15 You wash hands after sneezing or coughing.
Start! 	2	3 You wash hands after using the toilet.	6 You touch your face with dirty hands.
		4	5

GERM BUSTER WORD HUNT

It's time to play **word hunt**!



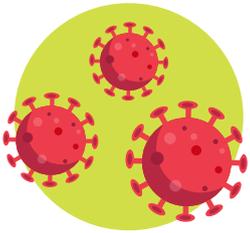
BACTERIA



MASK



HEALTHY



VIRUS



TISSUE



WATER



DIRTY

X	O	A	O	E	X	T	P	P	A	O	S
S	I	E	A	J	I	H	A	Z	H	A	
W	M	R	O	A	P	S	N	S	K	E	F
K	L	E	J	S	K	S	C	Z	C	O	T
S	J	T	N	U	W	U	I	H	I	K	Y
U	S	C	Y	Z	F	E	B	A	S	I	N
R	Z	A	W	A	U	M	N	S	R	D	N
I	N	B	J	A	P	Z	A	G	V	P	U
V	H	E	A	L	T	H	Y	S	R	G	C
L	O	M	C	L	Y	E	B	O	K	W	G
V	Y	O	R	T	J	N	R	L	N	I	W
M	T	M	D	Z	I	L	Y	T	R	I	D



SOAP



SICK



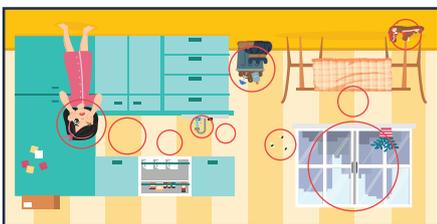
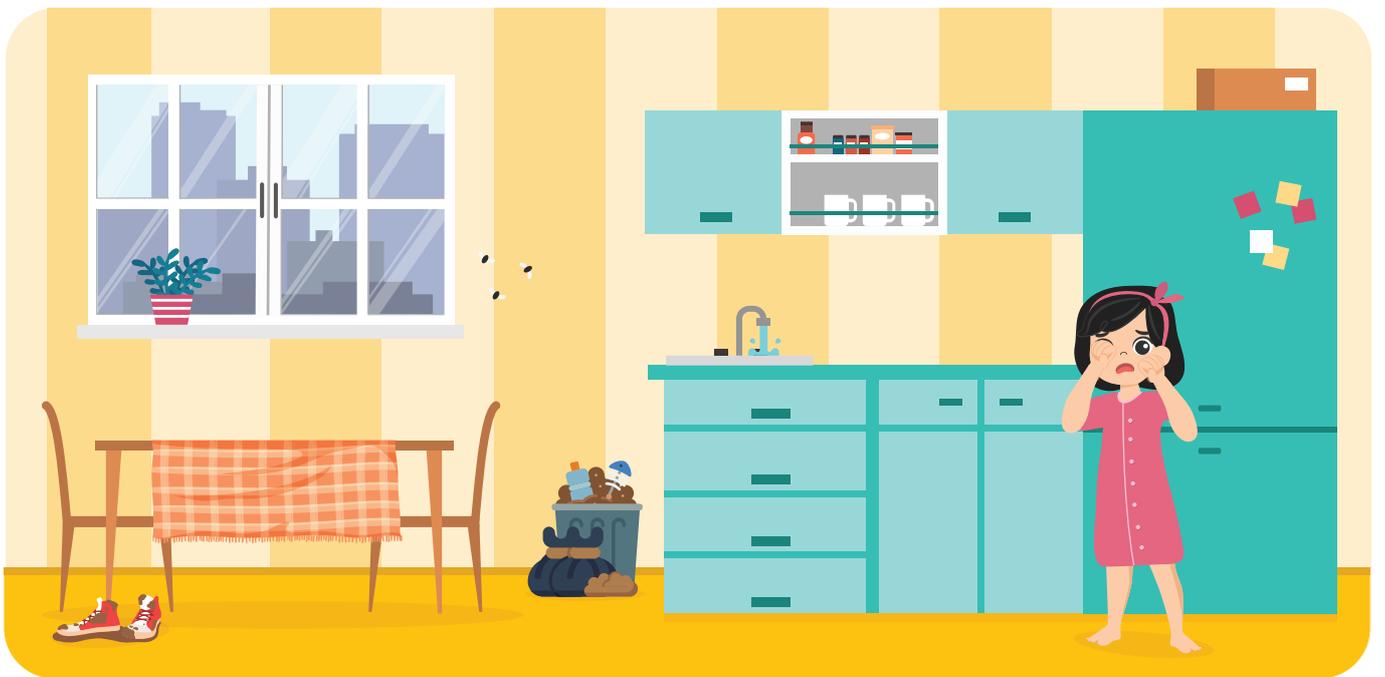
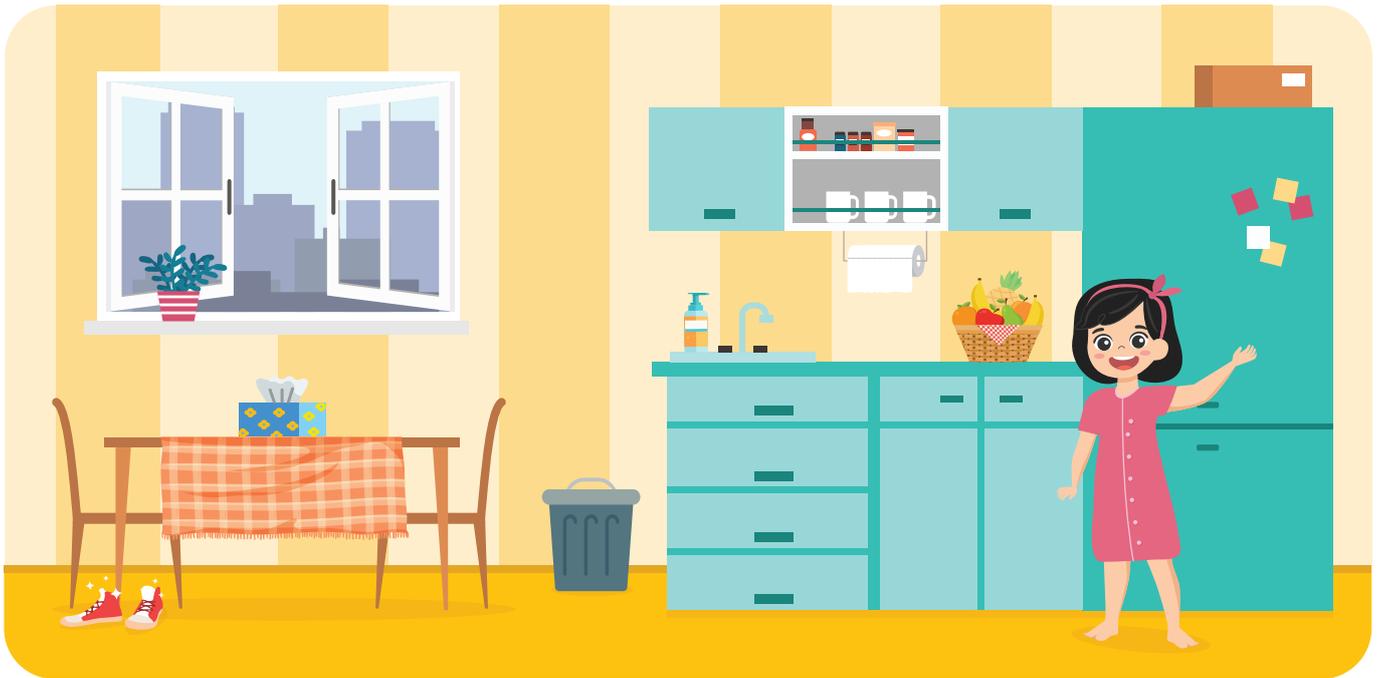
BASIN

D	M	W	I	R	I	Z	W
W	O	R	T	N	R	L	A
G	C	O	K	E	B	O	L
G	C	H	E	A	L	T	H
P	U	P	A	V	A	G	V
N	D	N	S	A	U	M	Z
S	I	N	S	A	B	A	S
S	S	J	T	U	M	N	I
S	K	L	E	S	K	S	C
K	M	R	O	A	P	S	N
F	E	S	I	E	A	J	I
S	H	A	Z	H	A		
X	O	A	O	E	X	T	P

Answer:

STAY AT HOME WHEN FEELING UNWELL

Li Li is feeling unwell so she stays home instead of going to school.
Can you spot the 10 differences between the two pictures?



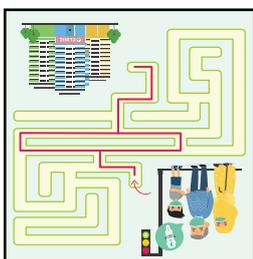
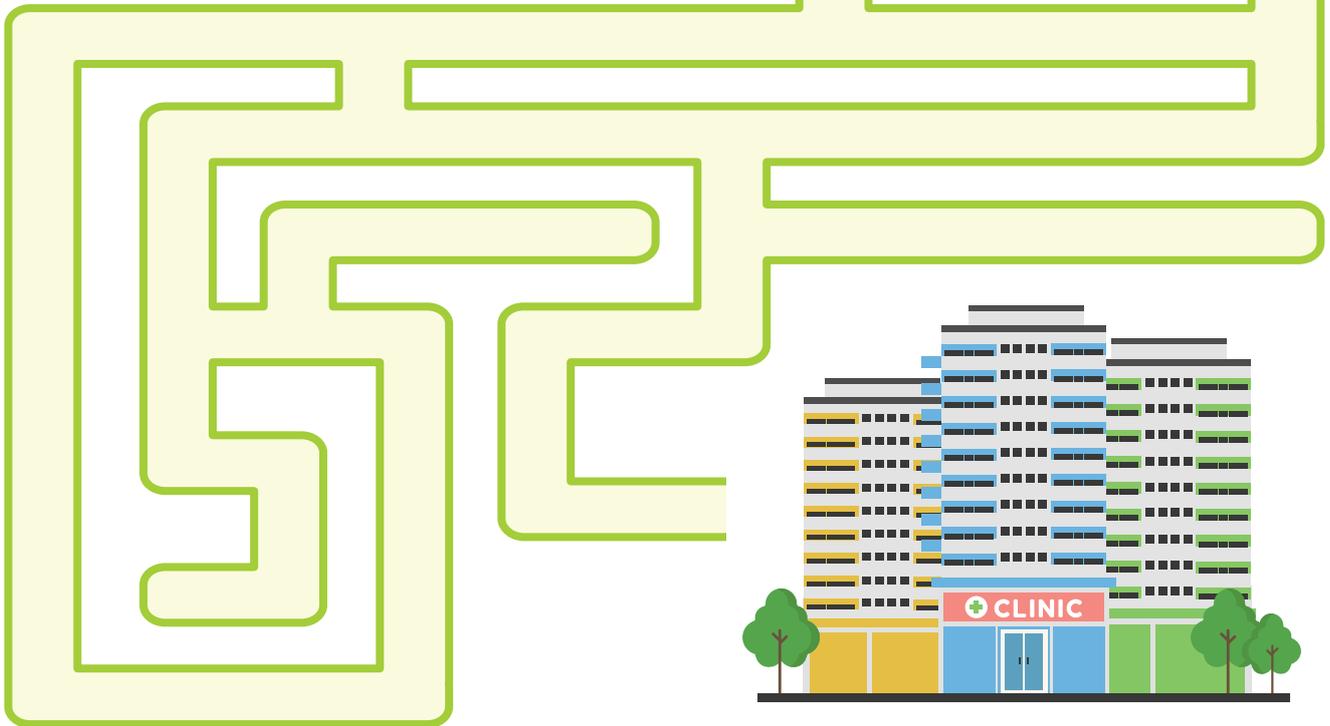
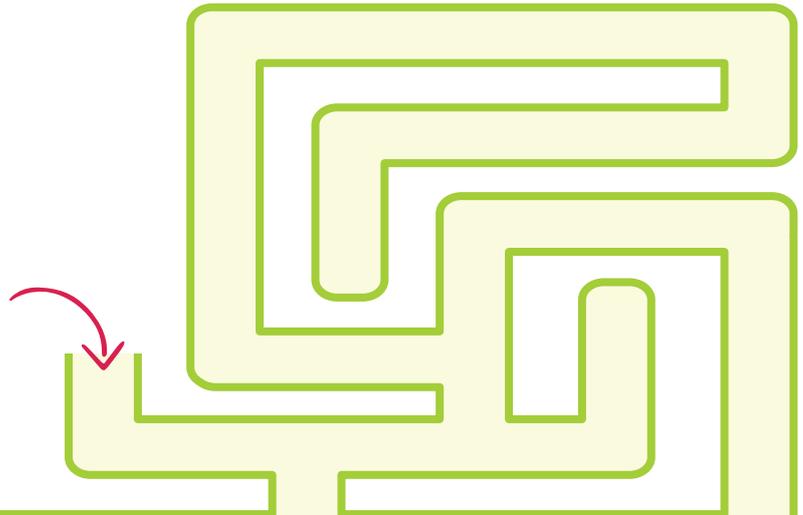
Answer:



GETTING THE FLU VACCINATION



It's time to get the yearly flu vaccination! Help Ali and his grandparents to get to the clinic by **tracing the correct route!**



Answer:

Have you and your family members received the **recommended vaccinations**? You can get vaccinated near your home, as vaccination subsidies have been extended from polyclinics to CHAS GP clinics in the community from Nov 2020. To find out more, ask your doctor. You can also ask an adult to **scan the QR code** to learn about **nationally recommended vaccinations**.



COVER YOUR MOUTH AND NOSE WHEN YOU COUGH AND SNEEZE

Rani is sick! **What should Rani do** to prevent the spread of germs?

Put a **tick** in the **box** that shows a good action.

1. Wear a mask when feeling unwell.
2. Throw the used mask or tissue into the bin.
3. Cover up with tissue when sneezing.
4. Wash hands with soap and water.
5. Stay at home when feeling unwell.

Answer:



Dear parents/guardians, send us an e-mail at HPB_CDE@hpb.gov.sg to share what you think about this activity booklet.