

SUPER SCRUB

Bubbles

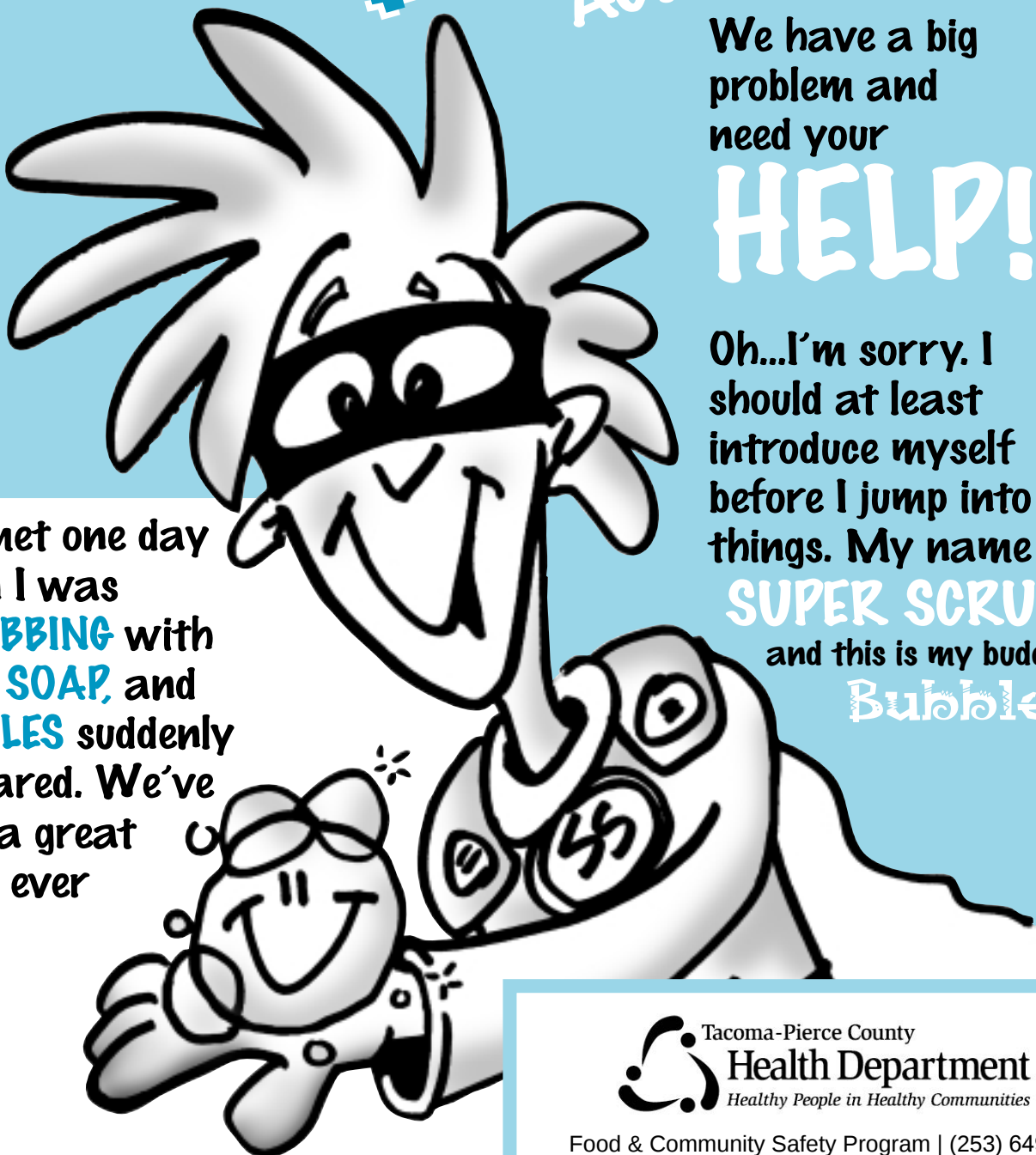
ACTIVITY BOOK

We have a big
problem and
need your

HELP!

Oh...I'm sorry. I
should at least
introduce myself
before I jump into
things. My name is
SUPER SCRUB,
and this is my buddy,
Bubbles.

We met one day
when I was
SCRUBBING with
some **SOAP**, and
BUBBLES suddenly
appeared. We've
been a great
team ever
since.



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities

Food & Community Safety Program | (253) 649-1417



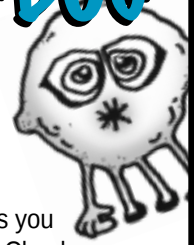
Here's the scoop.

Bubbles and I want you to help us fight the battle against germs.

There are all kinds of **GERMS**. Some are good...they help us digest food and turn dead leaves into rich earth. But there are also **GERMS** that are bad...they can make you **SICK!** *(When people say they caught a BUG, they mean a GERM-BUG!...not an insect!)*

GERMS are everywhere, and come in many shapes and sizes. You cannot see them--not even with a magnifying glass! But they are there. **Color the pictures on the next page.** These are what I think the "GERM-BUGS" might look like.

Take the **GERM-BUG QUIZ!**



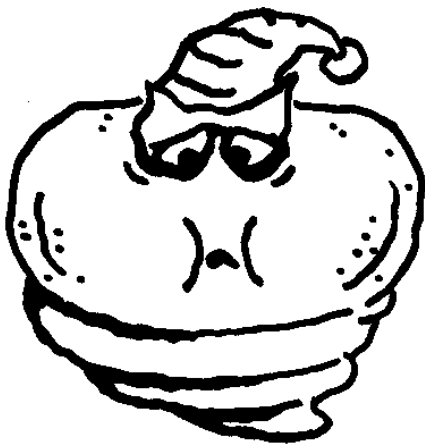
See how much you know about GERMS! Look for the answers as you read this activity book. Check your answers on the back cover.

1. All germs are bad.
True or False
2. You can destroy germs by rinsing your hands in water.
True or False
3. Germs are found almost everywhere.
True or False
4. Germs spread all by themselves. There's nothing you can do to stop them.
True or False
5. If my hands look clean, they are clean.
True or False
6. If I wash my hands with soap and warm water, I can get rid of lots of germs.
True or False
7. Super Scrub and Bubbles want me to help fight the battle against germs that can make me sick.
True or False
8. I can stay healthy if I wash my hands often with soap and warm water.
True or False

COLOR GERMS!



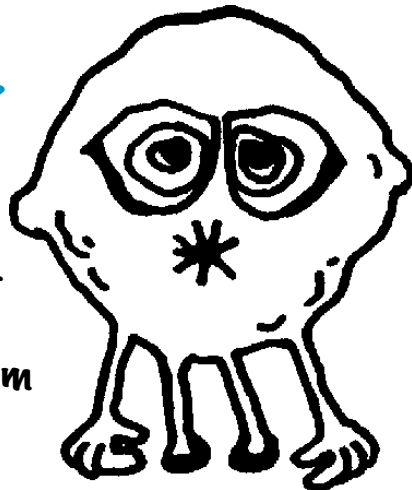
COLD BUGS give you a stuffy nose and make you sneeze a lot!



FLU BUGS make your body ache, and might give you a headache. They can make you want to stay home from school.

SOUR TUMMY BUGS

make you feel sick. You won't even feel like eating ice-cream or cookies!



FEVER BUGS

can make you feel HOT...even when it's cool in the room. A fever that gets too high can be very dangerous.

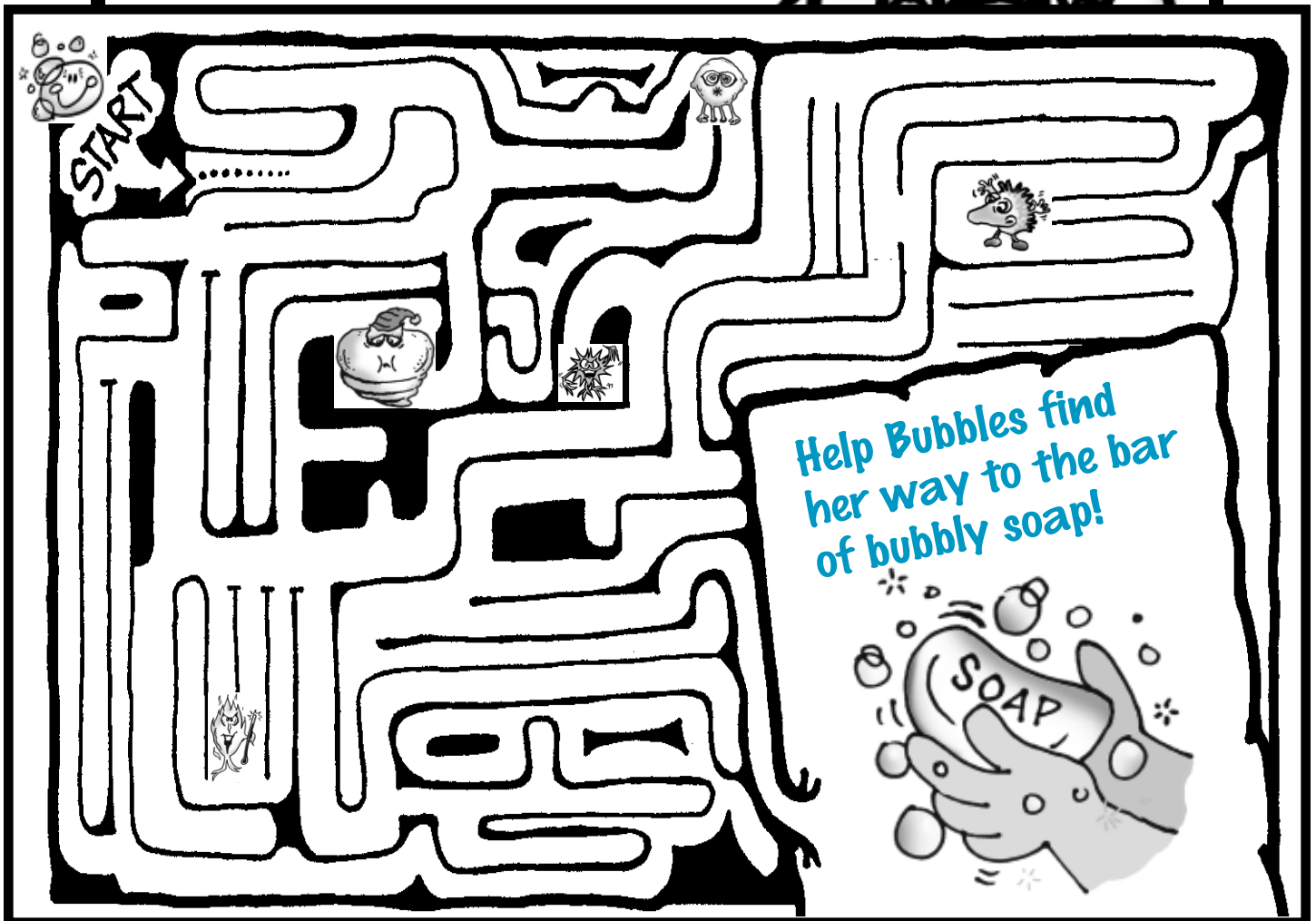
SORE, SCRATCHY THROAT BUGS

attack your throat. They make it hard to swallow. It's hard to eat when you can't swallow!



HOW DO WE STOP THESE GERMS?

It's EASY! Most germs do not spread by themselves. One way they travel is on your hands. If you **WASH YOUR HANDS IN WARM, SOAPY WATER**, you can get rid of lots of germs!



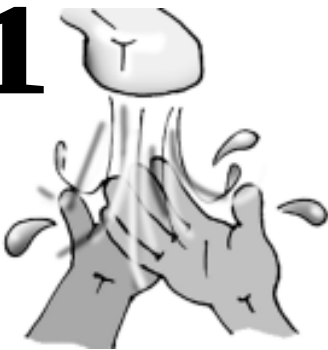


Wash Your Hands for **20 SECONDS** to make sure you get rid of the germs.

Follow the six easy steps to make sure your hands are scrubbed clean!

WET

1



SOAP

2



SCRUB

3



RINSE

4



DRY

5



WATER OFF

6



Just how long is **20 SECONDS**?
Sing "**The Happy Birthday Song**"
-- that's about the right amount
of time. Can you sing the
song to me?





Be a **QUICK DRAW!**

Germs come in many shapes, colors, and sizes! Put on your creative thinking cap. Draw and color some

GERM-BUGS!

DECODE THE PUZZLE!

The GERM-BUGS know when you should wash your hands. Can you decode their list? By washing your hands after doing these things, you will help fight disease!

WASH YOUR HANDS AFTER YOU...

- 1 ★◻@* ☀≈☯●
@▽≈▲@◻■
- 2 ☼■○ ☯●○
◻@☯●☯☆☆▲
- 3 ◻◻☆☆ ☀*☆☆☯☯
▽☆☆■○
- 4 ☯@///○ ☆☼☯
■@☯◻@■○
- 5 @☯○ ☀≈☯●
@ ■≈△/// ▼☯≈○▽#

CODE KEY

A = @	N = ▽
B = ◻	O = ☆
C = △	P = ★
D = #	Q = ☯
E = ○	R = ☯
F = ▼	S = ■
G = ■	T = ☯
H = ●	U = ☼
I = ≈	V = ☼
J = ≠	W = ☀
K = ///	X = ☀
L = ◻	Y = *
M = ▲	Z = +



CONGRATULATIONS! You get the **SUPER SCRUB & BUBBLES** Clean Hands Award

Your Name: _____

Bubbles and I want to **THANK YOU** for doing your part to stop the spread of GERMS! Now that you know all about germs -- how they spread, and how YOU CAN STOP THEM -- we're counting on you to help make a difference.



REMEMBER--

**WET
SOAP
SCRUB
RINSE
DRY**

WATER OFF
For 20 seconds.



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CHECK YOUR ANSWERS

5. ARE WITH A SICK FRIEND

4. TAKE OUT GARBAGE

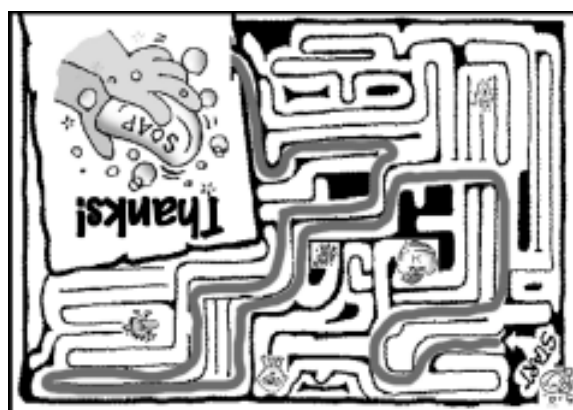
3. BLOW YOUR NOSE

2. USE THE BATHROOM

1. PLAY WITH ANIMALS

Wash your hands after you:

Page 7: Decode



Page 4: Maze

8. T
7. T
6. T
5. F
4. F
3. T
2. F
1. F

Page 2: Quiz