

Germ Busters! Follow-up Activities and Book List

Consider the following activities to support and reinforce the importance of preventing the spread of illness-causing germs by washing hands and covering coughs and sneezes!

- Designate a “germ buster” day or week in your facility and plan related activities, including those from this list.
- Host a kick off event to celebrate the “germ buster” theme.
- Encourage students and staff to take a pledge to wash their hands and cover their coughs and sneezes.
- Make it a routine; in addition to regular hand washing after using the washroom, include hand washing before lunch and snacks.
- Develop a bulletin board using the colouring pages (tbdhu.com/id) provided by the Health Unit and include other information like posters or photos, poems and quick facts.
- Take pictures of children and staff washing their hands in different hand washing situations (e.g. before eating). Post the pictures around the facility.
- Make a “germ buster” video showing children washing their hands and covering coughs and sneezes.
- Create bookmarks with a “germ buster” theme for the children to take home or make arrangements with your community library to distribute them to their patrons.
- Create “germ buster” postcards that children can send to family members or to high profile people in the community.
- Make hand washing puppets to demonstrate skills.
- Create “germ” sculptures using clay or other art supplies (e.g. recycled boxes, containers).
- Create a costumed "character" (e.g. hand washing mascot, a “germ” detective, a nasty “germ”) and have the character appear at the kick off event for your “germ buster” day/week.
- Purchase some books to support these important lessons. See the list on page 2.
- Create a story about the day in the life of a “germ” and describe how it travels around the facility.
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- Track when children cover their coughs and sneezes by using the “Caught You!” poster from the Health Unit (tbdhu.com/id).
- Adapt favourite games to include a “germ buster” theme. For example, during Frozen Tag children must “wash” their hands before they can be “unfrozen”.
- Sent home the parent fact sheet to promote reinforcing these skills at home.
- Be a good role model and have the children see you washing your hands and covering your coughs and sneezes the right way!
- Take alcohol-based hand rub/sanitizer with you on outings when there is no access to soap and water. Supervise the use of the product for safety.

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Germ Busters! Follow-up Activities & Book List (page 2)

Book List:

- *Those Mean Nasty Dirty Downright Disgusting... But Invisible Germs* by Judith Anne
- *Germs Make Me Sick* by Melvin Berger
- *The Ten Potato Scrub* by Marjorie T. Cooke
- *Buddy Bear's Hand Washing Troubles* by Marjorie T. Cooke
- *Your Skin and Mine* by Paul Showers
- *Wash Your Hands!* by Tony Ross
- *Oh, The Things You Can Do That Are Good For You* by Trish Rabe
- *Germs Are Not for Sharing* by Elizabeth Verdick
- *Body Buddies Say "Wash Your Hands!"* by Leeann Wenkman
- *Bill Nye the Science Guy's Great Big Book of Tiny Germs*
- *Germs! Germs! Germs!* by Bobbi Katz
- *The Germ Busters* by Rosemary Wells
- *"Stand back", said the elephant, "I'm going to sneeze"* by Patricia Thomas
- *Clean Enough* by Kevin Henkes
- *Dirty Larry* by Bobbie Hamsa
- *The Soap Bandit* by Dennis Hasely
- *The Tale of Georgie Grub* by Jeanne Willis
- *Teddy Bears Cure a Cold* by Suzanne Gretz

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