

Pre-K to Grade 1

Ready for U.S.*

*Understanding Science

VOLUME 8 • ISSUE 1

2003-2004

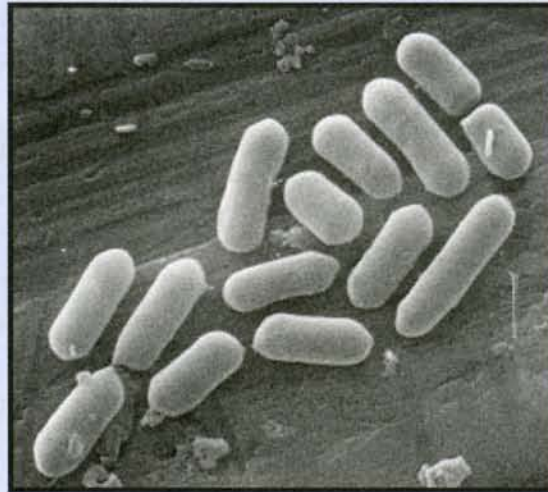
Fernbank Science Center • DeKalb County School System



Why do adults always tell me to wash my hands?

There are small things you cannot see with your eyes called BACTERIA and VIRUSES. Most of them do not hurt you. A few make you sick.

Bacteria (Back-TEER-ee-uh)



<http://www.uga.edu/~caur/>

You can see bacteria using a microscope. These bacteria have been magnified 5,000 times.

Viruses (VI- russ -iz)

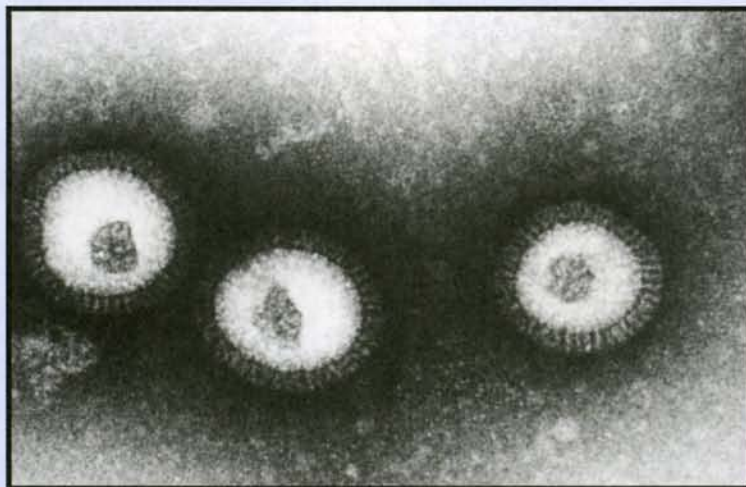
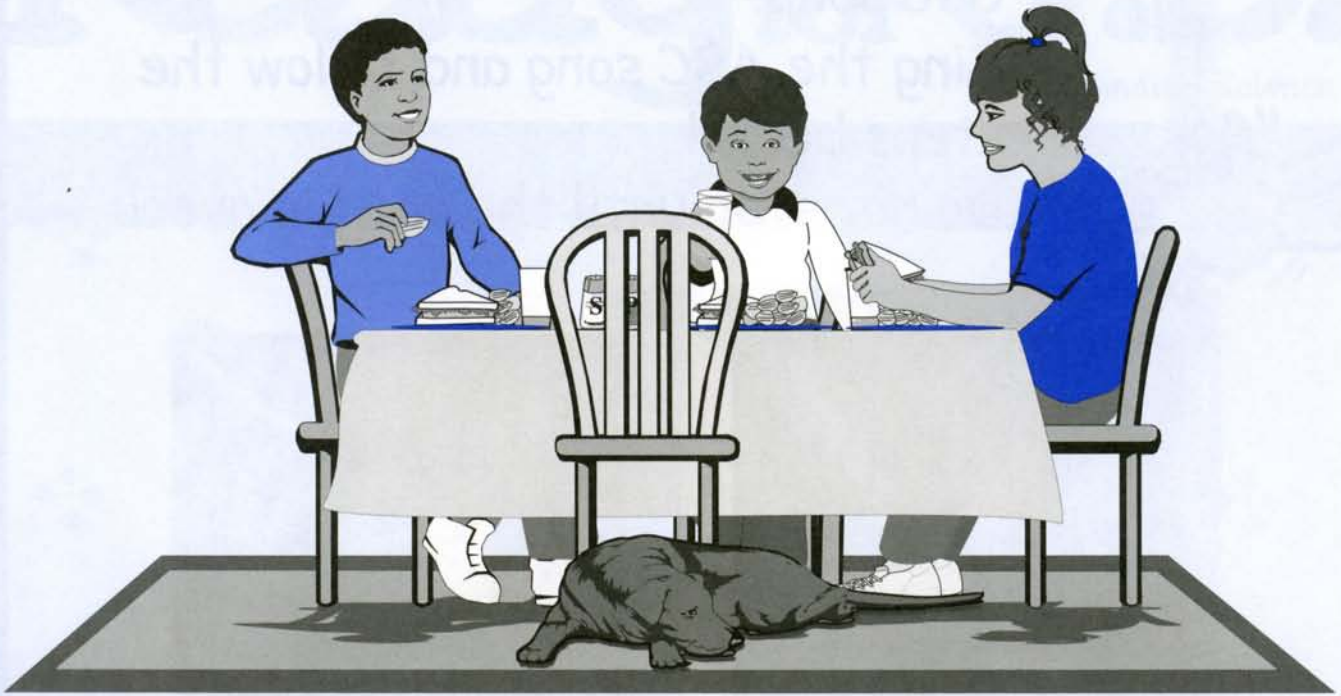


Photo courtesy of WHO Collaborating Centre for Reference and Research on Influenza Australia

Viruses are even smaller. These viruses have been magnified 200,000 times!

When you put your hands in your mouth, you put bacteria and viruses in your mouth. If you have bad ones, they can make you sick!



TWO RULES FOR WASHING YOUR HANDS



Wash your hands before you eat!



Wash your hands before you leave the bathroom.



Washing your hands is fun!



- * Use warm water.
- * Use soap.
- * Sing the ABC song and follow the steps below!
- * Do not stop until the song is over!



Rub hands in a circle.



Rub fingers together.



Wash backs of hands.



Wash wrists.