

The Good, The Bad, and The Ugly

REPRODUCIBLE
MASTER
ACTIVITY 1

Some germs are helpful. Others can make us sick! Color the Good Germ and Bad Germ cards below.

Good Germ



I help your body
digest your food!

Good Germ



I help your body
fight bad germs!

Good Germ



I help your body
stay healthy!

Bad Germ



I make you sneeze
and cough!

Bad Germ



I give you
a cold!

Bad Germ




I give you
a fever!

Dear Parent or Caregiver,

Today in school, your child played a game using what he or she learned about good germs and bad germs. Let your child give you a Germ Quiz! See if you can name one helpful thing that good germs do for your body and two rotten things bad germs do. Need a hint? Your child will help you by showing you his or her germ cards.

For more important information about germs, keeping your family healthy, and what to do when a cold or the flu does occur, please see the sheet your child has brought home.* You'll also find more important tips at www.tylenol.com and www.tylenolespanol.com

*Brought to you by the makers of . Helping parents and kids stay healthy for over 50 years

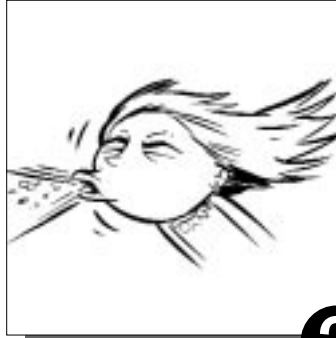

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How Can I Stay Healthy?

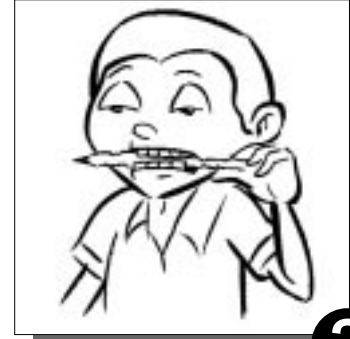
Part A. Find the healthy kids! Circle the pictures that show kids making healthy choices.



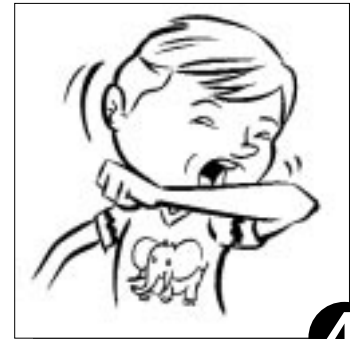
1



2



3



4


Part B. These steps are important for washing your hands, but they are in the wrong order! Number them in the right order.

- ___ Make lots of soap with your hands.
- ___ Rinse the soap off your hands.
- ___ Turn on the water and wait for it to get warm.
- ___ Dry your hands on your own towel, a paper towel, or under a hand dryer.
- ___ Get your hands wet.
- ___ Rub your hands together away from the water for at least 20 seconds. Sing "The Germ Stopper's Song" two times!

Dear Parent or Caregiver,

Today in school, your child learned about ways to stay healthy. Part of staying healthy is taking time to wash our hands when we've been exposed to germs. Do you know all the steps for being a great hand washer? Have your child demonstrate his or her expert technique! For a reminder, look at the work your child did in school. He or she made a great hand-washing reminder sign for you to display at home.

For more important information about keeping your family healthy and what to do when a cold or flu does occur, please see the sheet your child has brought home.* Also, be sure to visit www.tylenol.com and www.tylenolespanol.com for additional important tips.

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A "Bug's" Tale

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ACTIVITY 3

Part A. Help Healthy Hannah find her way through the maze of bad germs. She wants to wash her hands and stay healthy!



START



FINISH




I am a Germ Stopper!

Part B. Now you're ready to be a Germ Stopper! Draw what you will do to stop germs.

Dear Parent or Caregiver,

Are you a Germ Stopper? Your child is! Let your Germ Stopper take you on a hunt for bad germs in your home. Can you find any spots that bad germs like to hide in—hand towels used by more than one person, used tissues that aren't in the trash, or tables or counters that haven't been cleaned or disinfected? Think with your child about ways to keep bad germs from feeling at home in *your* home!

For more important information about being prepared before *and* after bad germs strike, please see the sheet your child has brought home* or visit www.tylenol.com and www.tylenolespanol.com

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