

CLEAN GENE™



CLEAN GENE's Terrible Case of GermBug

Objective:

CLEAN GENE tells his own story of getting sick to help children understand where he could have picked up the germs that made him ill.

What Children Do

After listening to the story, children will illustrate or write at least one possible way CLEAN GENE could have acquired GermBug.

Materials Required:

CLEAN GENE's Terrible Case of GermBug story

Optional Sock puppet and other props to tell the story

CLEAN GENE Says:

Tell students that they will hear a story about the day CLEAN GENE got a sickness called GermBug.

Explain that as the story is told, they should raise their hands whenever they hear about a time when CLEAN GENE could have picked up the germs that cause GermBug.

At the end, the story reviews where CLEAN GENE picked up germs and how he could have avoided the problem. The story also triggers a review of proper hand hygiene and sneeze/cough etiquette.



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CLEAN GENE's Terrible Case of GermBug

"Hi boys and girls. I'm CLEAN GENE. I'm going to tell you a story about how you can stay healthy. This is a true story of what happened to me one day. You need to listen closely because you will be my detectives. When you hear me tell you about something I did without using good hand hygiene habits, raise your hand. Together we'll solve the mystery of where I might have picked up the bad GermBug that made me sick. Are you ready?"

CLEAN GENE knew it was going to be a beautiful day when he woke up. The sun was shining brightly and the birds were singing a heavenly song. CLEAN GENE excitedly jumped out of his book-bed ready to begin his day. He took a quick bath, pulled on his favorite outfit, and slid down the banister just in time for mom's mouth-watering pancakes.

"Good morning, mom! Good morning, dad!" said CLEAN GENE. Every morning, before CLEAN GENE ate his breakfast, he would hug and kiss his pet puppy, Dot. Dot stayed outside at night and CLEAN GENE missed her during his sleep. Mom cautioned CLEAN GENE, "You know you need to wash your hands after handling Dot. She's been outside all night and hasn't had her daily bath yet. You know, GermBug is going around and I don't want you to get sick." "Yes, mom," said CLEAN GENE happily. CLEAN GENE went to the kitchen sink and washed his hands with soap and warm water. "There, all clean!" he shouted.

After breakfast, CLEAN GENE brushed his teeth and went on his merry way to school. He stopped by Betsy's house to see if she wanted to walk to school with him. Betsy opened the door and greeted CLEAN GENE with a big wet sneeze. CLEAN GENE tried to block the sneeze with his hands, but still got sprayed with the wetness of Betsy's sneeze.

"Aaaaa-choooo! Oh, excuse me. I am getting sick. Sorry, I can't walk with you to school today. I have to stay home and get better," said Betsy. "My mom said that GermBug is going around."

"I hope you feel better soon. It's not fun being sick," said CLEAN GENE as he placed his hands on his lips and blew Betsy a friendly kiss goodbye. CLEAN GENE got to school early enough to play a game of ring-around-the-rosy. Holding hands with his friends Bonnie and Brian, he twirled joyfully around in a circle. "...ring around the rosy, pocket full of posies, ashes,ashes, we all fall down!" they sang with glee. As CLEAN GENE fell to the cement, he scraped his knee. "Ouch!" cried CLEAN GENE.

Just then the school bell rang and it was time to go to class. As CLEAN GENE sat at his desk he placed his hands on his knee. He thought that would stop it from stinging. His teacher, Ms. Booksmart, saw what he was doing and sent him to the nurse to get his knee cleaned and bandaged. "Children, it's important to wash if you get a cut or scrape so germs from the ground or your hands don't get into your skin," warned Ms. Booksmart. "If harmful bacteria get in, you could get sick. That's why it's important to keep a clean bandage on until the cut closes."

Later, Ms. Booksmart dismissed the students for lunch. CLEAN GENE went straight from class to the lunchroom, where he opened his lunch pail to find a peanut butter and sardine sandwich wrapped in tree twigs. He took one bite of the sandwich and said, "Yuck, does anyone want to trade lunches?"

Boris yelled, "I'll trade. I only took one bite of my spinach sandwich and a few sips of my power spinach drink."

Boris loved peanut butter and sardine sandwiches. But little did CLEAN GENE and Boris realize that they forgot to wash their hands before eating, leaving many germs from their hands on their lunches. They also did not think about the bites they took out of their sandwiches. Germs from their mouths went onto the food.

After lunch, CLEAN GENE wiped his mouth with his dirty hands and ran out to play in the yard. Soon it was time to go home. But before the last bell rang that day, CLEAN GENE started to feel sick.

"Aaaa-chooo!!!" sneezed CLEAN GENE, without covering his mouth.

"Oh my, CLEAN GENE," exclaimed Ms. Booksmart. "You know GermBug is going around. Make sure when you sneeze that you cover your mouth with a tissue or sneeze into your shoulder or elbow. This way the germs you sneeze out won't get all over your hands, and you won't spread germs to other people."

Later that evening CLEAN GENE didn't feel like doing much at all. He barely ate his favorite dinner, pizza with apple dumplings for dessert. As CLEAN GENE sat on his bed, he thought about his day. "Now that you have heard my story, let's think about what I did that may have caused me to get GermBug. I don't want to repeat those mistakes again if I can help it. Can you help me think of things I did where I could have caught the germs that made me sick?"

1. I should always wash my hands after playing with my pet, Dot, and my friends.
2. I should not have put my hands to my mouth and blown a kiss to Betty after she sneezed all over me.
3. When I scraped my knee, I should have cleaned and bandaged it right away and not touched my cut with dirty or germy hands.
4. I should always wash my hands before eating any meal or snack.
5. I should not eat or drink items that other people have already put their hands or mouths on.
6. I should only wipe my mouth with a clean napkin, not my germy hands.
7. When I sneeze, I need to cover my mouth with a tissue or sneeze into my shoulder or elbow.

"Well, thanks for helping me to stay away from bad germs. I sure don't want to get GermBug again. Though some bacteria and viruses can make you sick, you usually begin to feel better after a day or two. It's okay to play and get dirty, but don't forget it's important to clean up afterward. There are many ways to help avoid getting sick. I need to remember them, and so should you. Do you think you can remember them?"

