Let’s Learn about Hand Hygiene and Have Fun!!

Hand hygiene plays an important role in keeping us healthy. In fact, according to the Centers for Disease Control and Prevention, good hand hygiene – handwashing and using an alcohol-based hand sanitizer – is one of the best preventive measures you can take to reduce the spread of illness-causing germs and risk of getting sick.

*These activities make learning about hand hygiene fun!*
Word Hunt Fun!

Hunt through the puzzle to find the following words. Circle each one when you find it as shown below. Words can be spelled out in many different directions: horizontally, vertically or diagonally — even upside down.

Germs  Cuts  Cough  Virus  Fever  Fungi
Disease  Sanitize  Clean  Sick  Exercise  Organism
Sneeze  Bacteria  Aches  Hands  Soap  Hygiene
Wash  Airborne  Healthy  Skin  Microbe  Transmission

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Crossword Puzzle!

Words To Choose From: Illness, Shoulder, Three, Air, Sanitize, Handshakes, Poisons, Multiply, Body, Skin, Harmful, Everywhere, Virus, Bacteria, Period, Germs

Across
1. ______ are tiny things that can make you sick.
2. A line of 1,000 germs could fit across the ______ at the end of this sentence.
3. You can exchange germs through a ______.
4. When bacteria get into your body they quickly start to ______.
5. Germs can spread through the ______.
6. Bacteria give off waste products or ______; viruses do not.
7. When healthy cells in your body die it can cause an ______.

Down
1. When you sneeze, it’s best to cover your mouth with a tissue or your ______.
2. Germs can be found ______.
3. Many germs survive about ______ hours outside of our bodies.
4. Name a type of germ that can make you sick.
5. If you cut yourself, harmful bacteria or viruses can get into your ______.
6. Which is smaller, a virus or a bacteria?
7. It’s important to wash your hands with warm water and soap and/or ______ them often.
8. Not all microorganisms are ______.
9. Your ______ helps to block germs from getting in your body.
Color and share with us your artwork on Instagram using #HandHygieneHero.