



Think ahead.

# Max's hand washing school

Hand hygiene



## Hi I'm Max!

I'm 9 years old and live with my parents, my younger sister called Ella, and our dog, Charlie.

I love being outdoors and playing with my friends, especially climbing trees and running. I also enjoy learning new things, especially science and biology. It's my favourite subject, and I like to do experiments to learn new and exciting things.

I've recently been learning about washing my hands, so I thought I'd share what I've discovered so far. In this book you can read about how, when and why you should wash your hands.

You'll learn all about microbes and how you can protect yourself, your friends, and your family from getting ill. Do you know how fast microbes travel after a sneeze? Continue reading to find out!

Max

I've recently been learning about washing my hands, so I thought I'd share what I've discovered so far. I hope you enjoy learning about this as much as I did!



# Let's talk about microbes!

Our bodies are pretty amazing. One of the most amazing parts of them is the immune system, which protects us from getting ill.

Microbes are often the cause of illnesses. Some can challenge our immune system and make us ill, but most of them are actually good for us and keep us healthy.

## How do microbes make us sick?

Microbes can spread from person to person when we shake hands or touch shared objects. They can also move through the air when a person coughs or sneezes.

Most of them are friendly and help our bodies to stay healthy but some can make us sick. To stop the bad microbes from spreading we should all wash our hands and dry them with paper towels regularly.

## Did you know?

Sneezing can also spread microbes. They can move at up to 130 km/h, which is as fast as a car on a motorway! Always remember to cover your mouth and nose when you sneeze to stop microbes from spreading to those near you.

There are three different types of microbes - bacteria, viruses, and fungi.










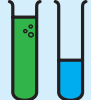




Microbes come in all sorts of different shapes and sizes. You can find them on most surfaces, including tables, on the ground, and on your skin. They're so small that we can only see them through a microscope!

**Where can you find microbes?**

- On people
- On the ground
- At home
- On tables
- On objects

Here are some more fun facts about the three different types of microbes – viruses, bacteria and fungi:

	Viruses	Bacteria	Fungi
<p><b>How big are they?</b></p> 	<p>Very tiny – millions would fit into a full stop.</p> 	<p>Tiny – thousands would fit into a full stop.</p> 	<p>Many are a little bigger than bacteria but others are much bigger. In fact, mushrooms are a type of fungi!</p> 
<p><b>Bad microbes</b></p> 	<p>Can cause chicken pox or flu.</p> 	<p>Can cause ear ache.</p> 	<p>Some fungi can grow on food making it unpleasant to eat.</p> 
<p><b>Good microbes</b></p> 	<p>Scientists use some viruses to find cures for illnesses.</p> 	<p>They help our bodies to fight off the bad ones and can be found in yogurt and some other foods.</p> 	<p>Good fungi can be used to make bread and some medicines.</p> 

**Did you know?**

Bacteria grow by dividing themselves into two to make new bacteria! Some bacteria can make you sick if they get into your body.

It's natural to have bacteria in our bodies as they help us to digest food.

**Some more facts about microbes:**

- Bacteria are a type of microbe. They come in all sorts of shapes including sticks, circles and even spirals.
- Bacteria need water and food to grow, just like you and me. Some of them like to be hot and some like to be cold.
- Bad bacteria like dirty surfaces. That's why it's important to wipe worktops and tables before and after eating to stop them from spreading.
- Viruses are tiny microbes that can cause infections and illnesses. They're usually smaller than bacteria and can't grow unless they're inside another living cell.

To stop the bad microbes from spreading we should all wash our hands and dry them with paper towels regularly.



# Hands up for hygiene!

Hygiene is important to all of us. Good hygiene means we're clean, healthy, and free from illness. Washing hands is the most effective way to maintain good hygiene levels and protect us from getting sick.

It's not always easy to wash our hands. Sometimes we forget, we don't have enough time, or just don't want to!

But washing our hands with soap and drying our hands with paper towels is the quickest and easiest way to remove microbes from our hands.

## How long should we wash our hands?

We should wash our hands for 20 seconds, every time. Can you think of something that takes up to 20 seconds?

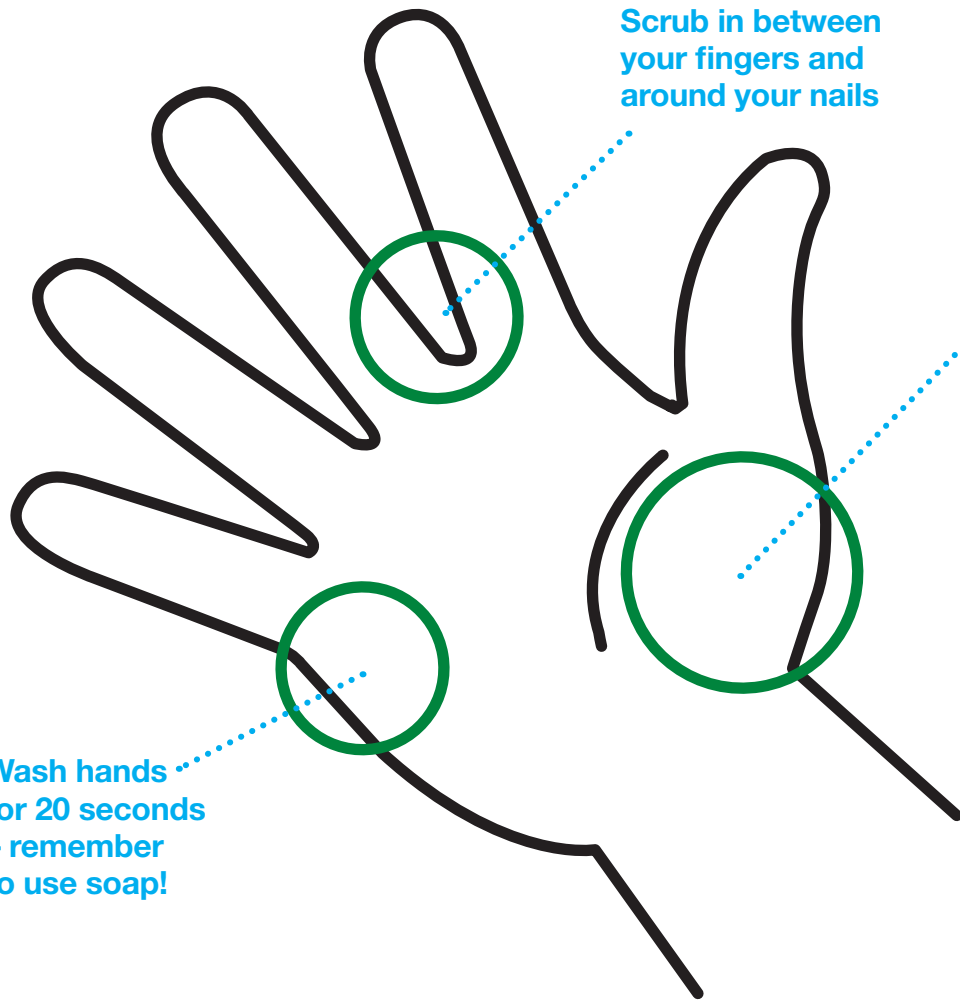
It's important we all make sure we wash and dry our hands with paper towels properly to stop bad microbes from spreading.

## Try this when you next wash your hands!

Cover your hands with something brightly colored like finger paint. Now wash your hands for 20 seconds, keeping your eyes closed. How much paint is still on your hands?

You can protect yourself, your friends, and your family from getting ill with good hand hygiene.





Scrub in between your fingers and around your nails

Washing and drying our hands with paper towels is the best way to remove microbes

Wash hands for 20 seconds – remember to use soap!

Here are my hand washing tips and tricks!



**1**  
First, we need to wet our hands with lukewarm water. Then add soap and rub them together.




**2**  
Next, we should scrub both sides of our hands, our wrists, between our fingers and around our nails!



**3**  
We then need to rinse our hands using luke warm water to remove all of the soap. Keep rubbing until it's all gone!



**4**  
And finally, we need to dry our hands properly with paper towels. Make sure you get all of the water off them! If you use paper towels, remember to put it in the waste bin.



This is a typical school day for me. Try to think about when I should wash my hands during the day.

## My school day

Once you've finished reading, turn the page upside down to find the answers at the bottom of the page.

My mum drops me off at school and I meet my friends in the playground. I usually have a piece of fruit for breakfast which I eat before school starts, as I chat to my friends. My first lesson is maths, which can include sharing exercise books in a group. Next I have science – my favourite lesson!

Then it's time for lunch. If the weather is nice I eat my packed lunch with friends on a bench outside. We play games as well, usually chase or hide and seek. I go to the toilet before my next class, and put my packed lunch away in my locker.

I have sports in the afternoon, which usually involves playing football. I like playing in goal so I can get muddy! I then get changed and wait to get the bus home with my friends!

Before and after eating breakfast  
Before and after eating lunch  
After going to the toilet during lunchtime  
After playing during lunchtime  
After sports class

Thanks for reading about microbes and hand hygiene with me, I hope you've enjoyed it! Keep this textbook and read it again soon to remember why it's important to wash and dry your hands with paper towels regularly and properly.

Max

