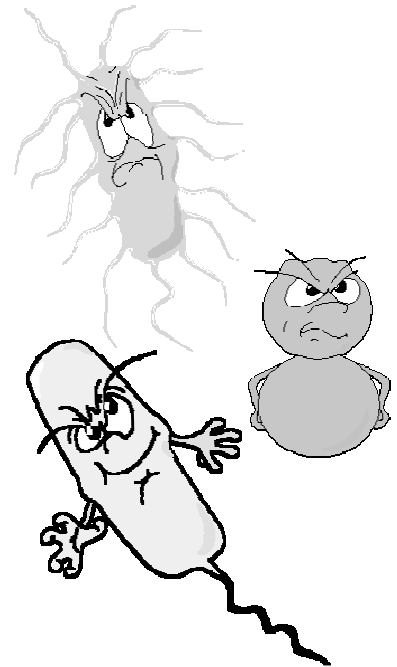


How Germs Travel

Germs love to take trips and travel through our bodies. Although you cannot see them, they travel on surfaces, toys, furniture and even people.

Here are some of germs favorite ways to travel:

1. Some germs like to see the world on your hands. After shaking hands with someone, wash your hands with soap and warm water as soon as it is convenient. Dry your hands completely with paper towels. Also, avoid touching food or putting your hands near your eyes or mouth until you have washed them well.
2. Other germs think they are expert swimmers. They like to travel on sponges and dishcloths or any other wet or moist item. It is safer to use a paper towel to dry a clean surface than a sponge or dishcloth. This way, you can pick up the germs with the paper towel and throw them away so no one else can get the germs.
3. Germs hang out in your nose and mouth. Always cover your nose and mouth with a disposable tissue or paper napkin when you sneeze or cough. This will help to throw the germs away and prevent others from getting sick. Also, don't forget to wash your hands often when sneezing or coughing a lot.
4. Many germs love to travel from hands onto food, and because they are so small, you cannot see them. Washing your hands well before eating meals or snacks can help you avoid germs that can make you sick. It is especially important to wash your hands after going to the bathroom.
5. Germs even love to be carried around by your pets. This is especially true of lizards, turtles, but also of dogs, cats, mice, hamsters, guinea pigs and birds. After you pet or play with pets, wash your hands with warm soapy water. Also, be sure to dry them completely with paper towels.



Extensions:

Germs are everywhere and are too tiny to be seen with the naked eye. They can only be seen under a microscope. What do you think germs look like under a microscope? This is your chance to create an imaginary germ!

Materials:

- Elbow macaroni, pony beads, or sequins
- Cardboard
- Crayons or markers.
- Construction paper
- Tissue paper
- Scissors
- Glue

Procedure:

Cut the cardboard in any "germie" shape. Then use your imagination to decorate your germ. Your germ can be any color, shape, and size you want. Be creative! Give your germ a name when you are finished.

Math Extension:

Germs multiply quickly. Have students work in small groups and use manipulatives to demonstrate the mathematical concept of doubling. You can use beans (Pinto or Navy work well), pennies, or any other small object. Provide containers of varying sizes, such as nut cups, margarine tubs or other containers that come in 8-ounce and 16-ounce sizes. Also have some plastic quart, half-gallon, and gallon containers. Designate the number of times to double the items. (for example, doubling beans ten times is 512 beans.) Students will need to estimate the size of the container they need to hold the items they are doubling. At some point, they may decide to double the containers rather than individual beans. **Parenting extension:** Read "*One Grain of Rice*" by Demi with your child and discuss why it was a good plan for the girl to ask the pharaoh to double the amount of rice every day.