

Germs Are Not for Sharing

Los gérmenes no son para compartir

Elizabeth Verdick

Ilustrado por
Marieka Heinlen



English-Spanish
Inglés-Español

For Ages 4-7
De 4 a 7 años

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Edited by Marjorie Lisovskis
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Free Spirit Publishing
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9850 51st Avenue North, Suite 100
Minneapolis, MN 55442
(612) 338-2068
help4kids@freespirit.com
freespirit.com

Dedication

To the folks at Children’s Hospital in St. Paul, who took great care of my son Zach during two hospitalizations; and to Zach himself, who is learning how to handle his asthma, wash his hands while singing the alphabet, and spread the word that germs are not for sharing.

—E.V.

For Mason, a great big brother who never coughs on his new baby sister, and for Avery and Veronica, who are too tiny and squeaky clean to know about germs yet.

—M.H.

Acknowledgments

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Gail Hansen, R.N., L.S.N., F.N.P., Minneapolis Public Schools

Bethany Malley, teacher, Sunshine Montessori Preschool, Minneapolis

Andrew Ozolins, M.D., Children’s Hospitals and Clinics of Minnesota

Christine Pearson, Division of Media Relations, Centers for Disease Control and Prevention

Dedicatoria

Para mis amigos del Hospital de niños en St. Paul, quienes cuidaron con mucha dedicación a mi hijo Zach durante sus dos hospitalizaciones. Y también para Zach, quien ha aprendido a convivir con el asma, a lavar sus manos mientras canta el ABC, y decirle a todo el mundo que los gérmenes no son para compartir.

—E.V.

Para Mason, un hermano mayor maravilloso que nunca tosió en la cara de su hermanita recién nacida. También para Avery y Veronica, que todavía son demasiado pequeñitos y requeteliempios para conocer a los gérmenes.

—M.H.

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Christine Pearson, División de Relaciones con los Medios de Comunicación del Centro de control y prevención de enfermedades



What are too small to see . . . but can have the power to make you sick?

¿Qué es tan pequeño que no se ve . . . pero que tiene el poder para enfermarte?

Germs!
¡Los
gérmenes!



Not actual size.
Este no es el tamaño real.

They're in the air
Están en el aire

in food
and water

en la
comida y
en el agua

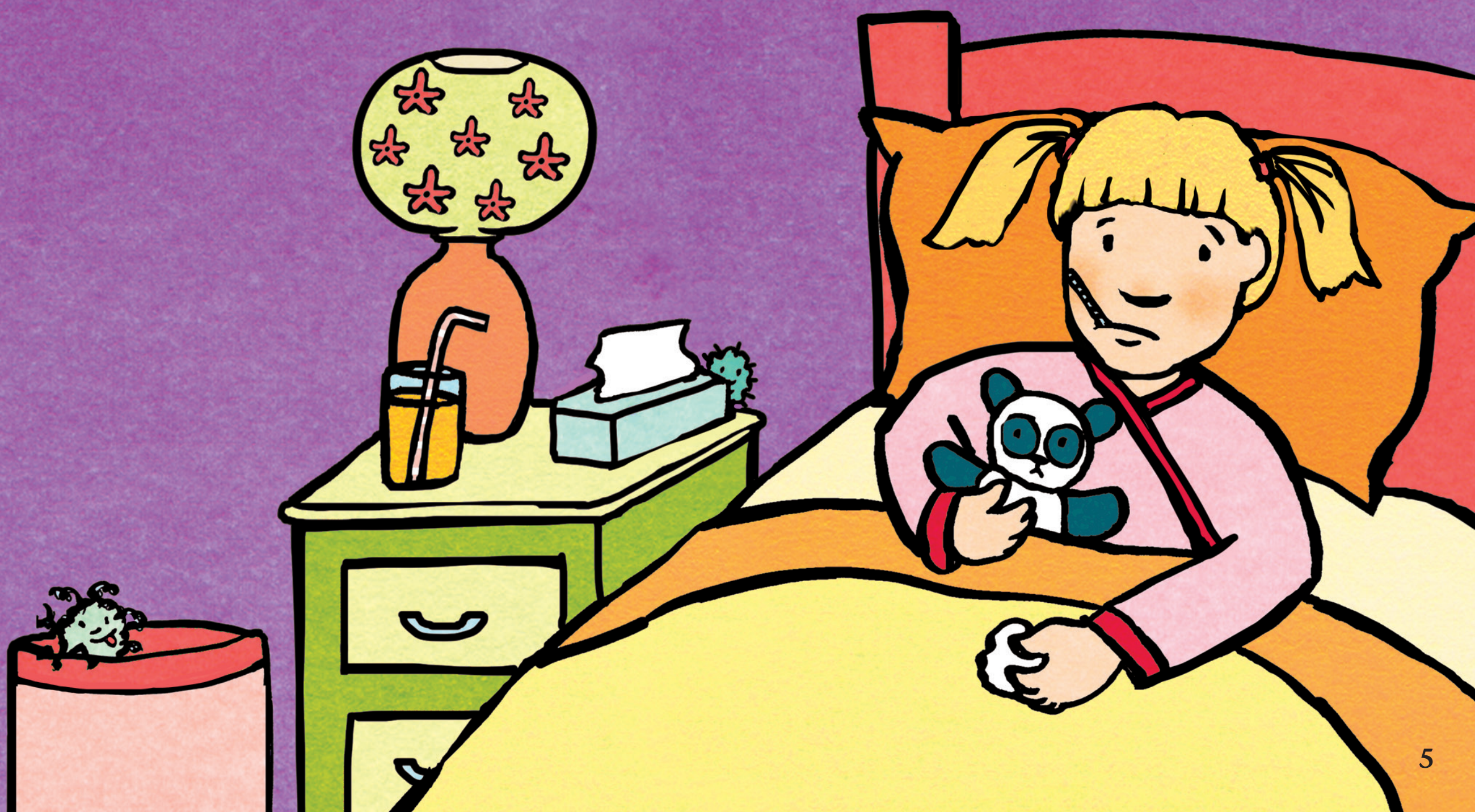
on your body
en tu cuerpo

and on all the things
you touch.
y en todas las cosas que tocas.

Not ALL germs
are bad though.
Pero no TODOS
los gérmenes
son malos.

Still, germs are not for sharing because germs can make you sick.

De todas formas, los gérmenes no son para compartir porque te pueden enfermar.



A Few More Words About Germs

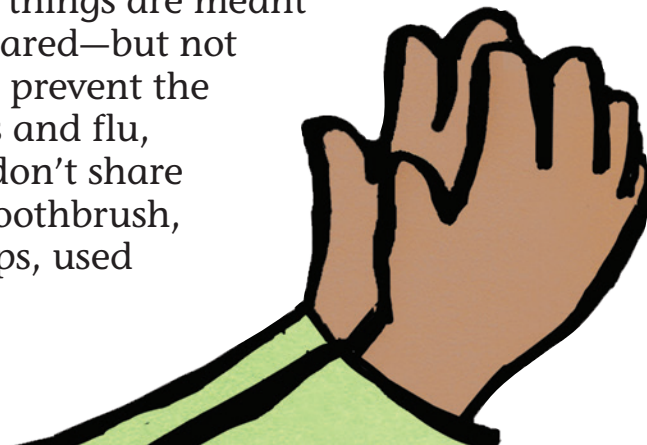
Grown-ups and kids can read this together!



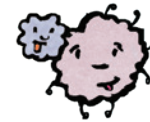
Germs are everywhere—on your skin, in your body, in the air you breathe, in your food and water, and on everything you touch. They are tiny living creatures that you can't even see. And not all germs are bad. Most of them don't cause you any harm.



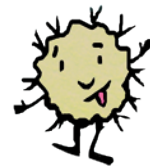
Germs are not for sharing. Lots of things are meant to be shared—but not germs! To help prevent the spread of colds and flu, make sure you don't share things like your toothbrush, juice boxes, lollipops, used tissues, or lip balm.



Your body knows how to fight germs. Some germs can make you sick. Maybe you didn't know that your body has built-in defenses against harmful germs. Your eyelashes help trap germs before they get into your eyes. The hairs in your nose catch some of the germs you breathe in. Your *immune system* is your body's disease-fighting system. It helps protect you from illness or allows you to get better when you're sick.



Germs can get in through your eyes, nose, and mouth. Some harmful germs do get in and make you sick. For example, if you have germs on your hands and then you rub your eyes, you let germs in. You can get germs if you suck your thumb, bite your fingernails, or pick your nose. You can get germs if someone spits on you or if you kiss someone who's sick. So remember: *Noses are not for picking. Mouths are not for spitting. Thumbs are not for sucking. Fingernails are not for biting.*



Sneezing or coughing spreads germs. You can't help it if you have to sneeze. But guess what happens when you do? You spray tons of germs into the air. They travel fast and far. Scientists say the germs can land as far away as the other side of the room! And just like when you sneeze, germs leave your body and spray into the air when you cough. Where do the germs end up? On other people! So cover it up. Grab a tissue and cough or sneeze into it (wash your hands afterward). If you can't get a tissue fast enough, turn your face away from other people so they won't catch your germs. Cough or sneeze into the crook of your elbow, or turn your head toward your shoulder and cough into your shirt.