

For Ages  
4-7

# Germs Are Not for Sharing

Elizabeth Verdick  
Illustrated by Marieka Heinlen



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free spirit  
PUBLISHING®



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## 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.

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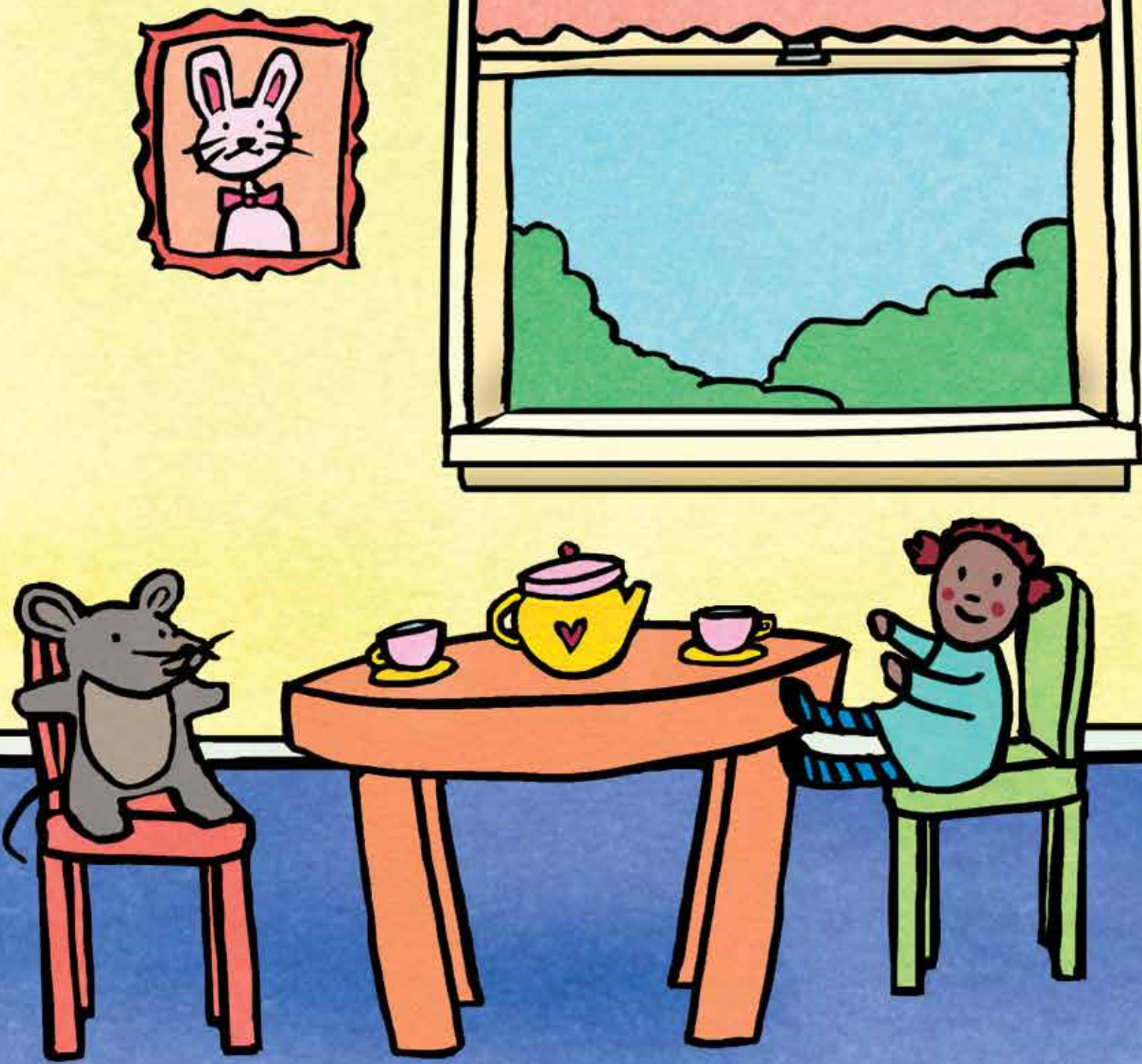
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What are too small to see . . .  
but can have the power to make you sick?



# Germs!



Not actual size.

They're in the air

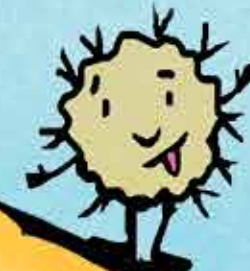
in food and water



on your body



and on all the things you touch.




Not ALL germs are bad though.




# A Few More Words About Germs


Grown-ups and kids can read this together!




**Germs are smaller than the human eye can see.** Germs are tiny living creatures. You can't see them on your skin or in the air, but you can see them if you look through a microscope (a tool that makes small things appear larger). The three main types of germs are *viruses*, *bacteria*, and *fungi*.




**Germs are everywhere.** Germs are on your skin, in your body, in the air you breathe, in the food you eat and the water you drink, and on all the surfaces you touch each day. But not all germs are bad. Most of them don't cause you any harm.




**Some germs can make you sick.** You've probably had a cold, the flu, or an infection in your ear or throat. (In fact, kids catch more colds than anyone else.) It's no fun being sick! But your body has ways of fighting off illnesses so you can feel better. Sometimes, you may have to see a health care professional to get medicine to kill off the germs.



**Your body is a germ fighter.** 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. Whenever you swallow, germs travel down to your tummy where the stomach juices can kill them. 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're letting germs in. You can get germs if you suck your thumb or bite your fingernails, or if you pick your nose. And of course you can get germs if someone spits on you or if you kiss someone who's sick. There are lots of ways that germs get passed on from one person to the next. Just remember a few basics: *Noses are not for picking. Mouths are not for spitting. Thumbs are not for sucking. Fingernails are not for biting.* And one more thing: Brushing your teeth is a great way to keep your mouth cleaner!



**Germs can get in through cuts and scrapes.** You've probably fallen down and scraped your knees or elbows lots of times.