

**MISSOURI DELTA**  
FOCUSED ON THE FUTURE OF HEALTHCARE

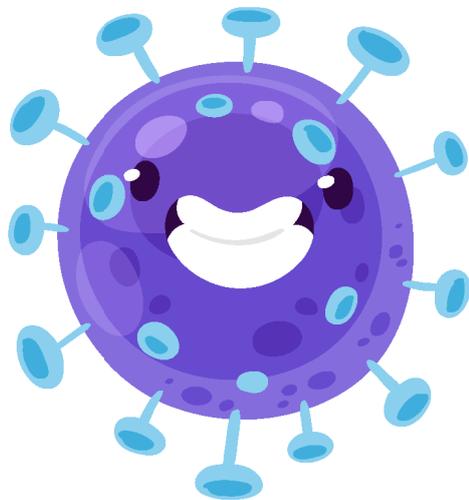
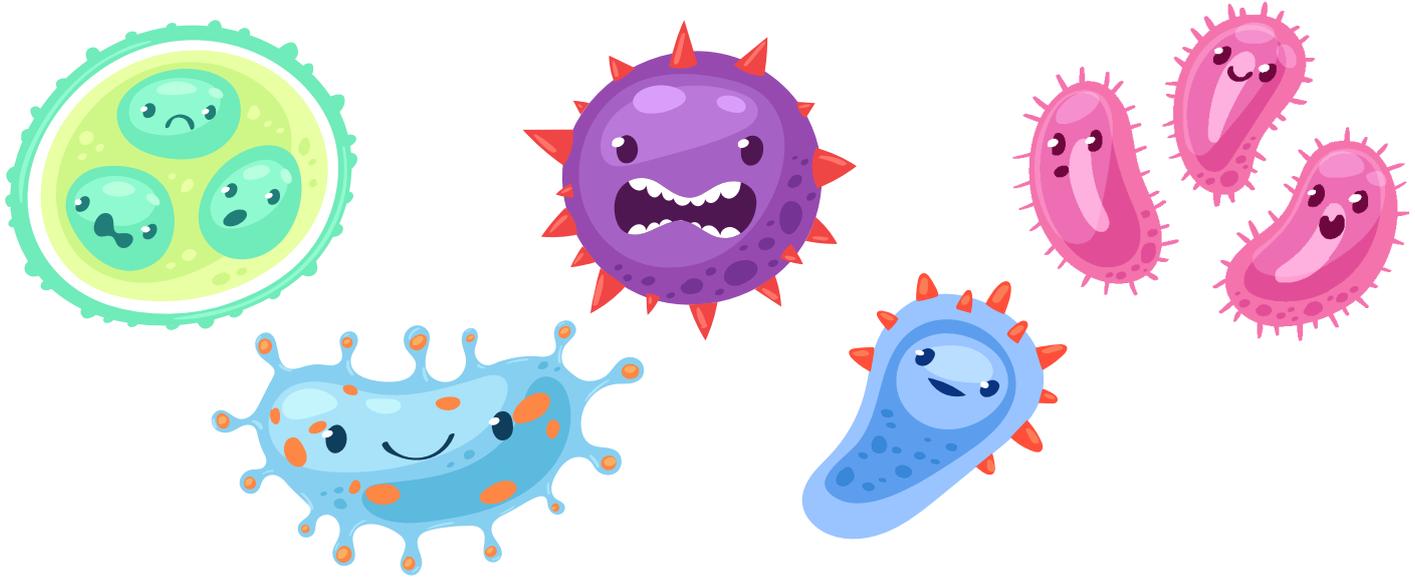


**Learning more about germs, bacteria and viruses can make it easier to stay healthy!**

Inside this activity book you will find information and things you can do to protect yourself, family and friends from getting sick. And don't forget, there are lots of people working hard to keep you well, including Missouri Delta Medical Center. If you have any questions or are confused about the virus don't hesitate to ask someone you trust.

# What is a Virus?

A virus is a teensy, tiny germ, way smaller than anything you can see. Viruses can make us sick, but they can't do anything on their own — they need to live inside another creature (their host) to survive. To do that, they have to get into our cells.



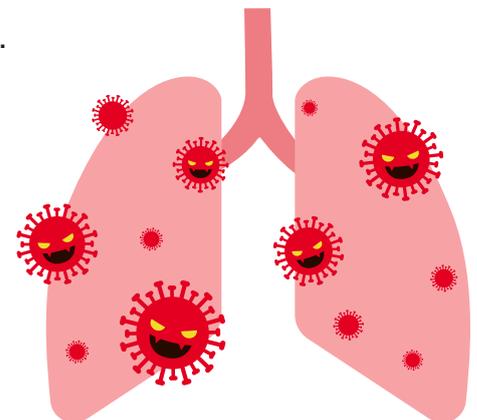
## What is the coronavirus?

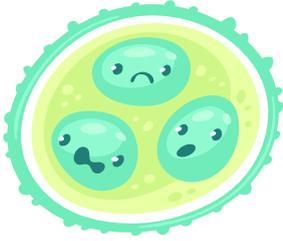
You may have noticed lots of adults talking about a “coronavirus.” There is a new kind of this virus spreading around the world. It’s called a coronavirus because “corona” means “crown” in Latin. And the virus looks like it’s wearing a spiky crown. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it. The disease the virus causes is called COVID-19.

## How does the virus get into cells in the body?

The virus enters cells using a special “door” on the outside of human cells. The new coronavirus also needs a “key” to get into cells. In this case, the coronavirus has a special “spike” on its surface that it uses as a key to open the door.

Once inside cells, the virus makes lots of copies of itself. Those copies break out of cells, then infect other cells. At a certain point, there are so many virus particles being produced that our normal cells can't work properly ... and we get sick.





# Germ Activities

Ask a grown up to help you with these activities to help you understand more about germs.

## Glitter Germs

In this activity from the Columbus Public Health website, sprinkle a little glitter on your hands.

Then wash them with just water. Repeat the experiment, washing with soap and water the second time. Observe which method removes more glitter. You can also put glitter on your hand and touch your shoulder, hands and hair. See how the glitter (like germs) can spread by touch.

## Everything You Touch

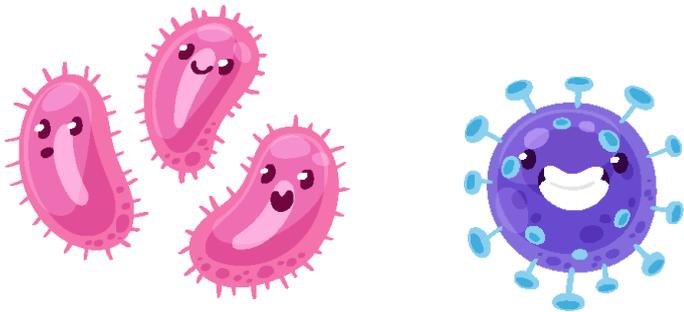
This activity, also from Columbus Public Health, has you make and color your own germs and then tape them to anything you touch to see how widely germs spread by touch.

You need: White paper, crayons, and tape.

Draw and color pictures of small germs on paper. (Make up your own germs or use the ones in this book.) Tape the pictures around the room on everything you touch over a 1/2 hour. Look around at the room at the end of that time and talk about how you pick-up and spread germs like these to all of these things.

## Flour Germ Game

Use Flour to show where germs can hide. Flour can be a great and fun way to demonstrate how germs can find plenty of hiding spaces on your skin and on your body. Notice how the flour gets in every little nook and cranny. See how germs can also hide in all those small spaces in the cracks of your hands and in between your fingers.

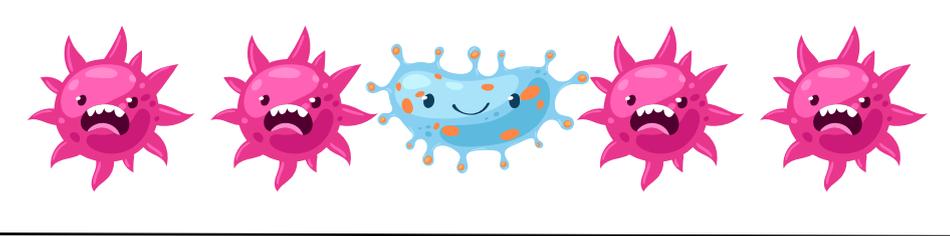
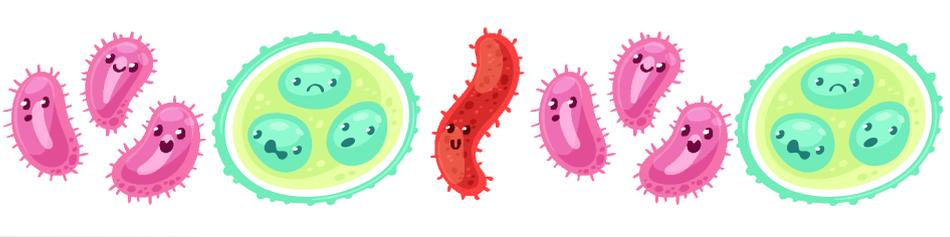
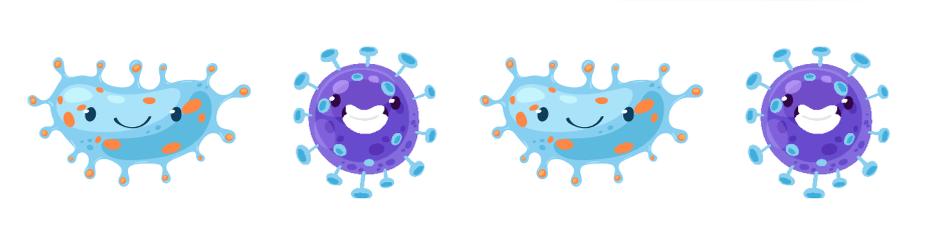
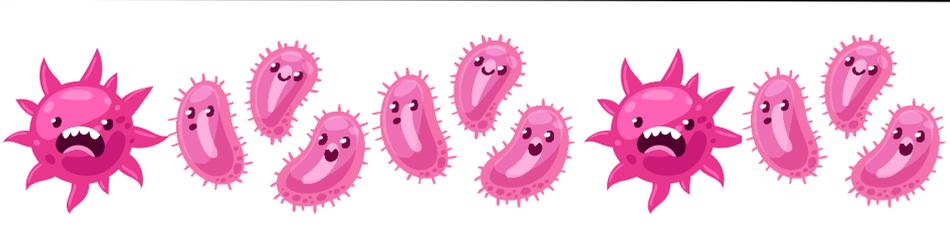


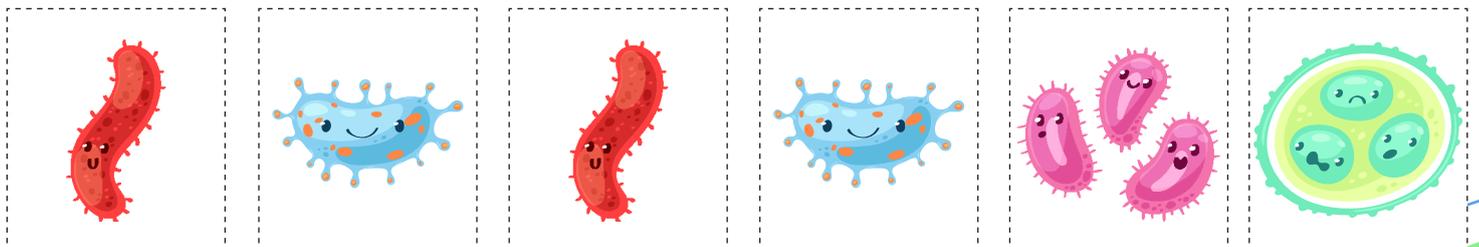
## 10 things to do while you're stuck at home

1. Make a fort
2. Read a book
3. Stage a puppet show
4. Have a picnic
5. Paint a picture
6. Exercise
7. Make a healthy snack
8. Look for a 4 leaf clover
9. Put on some music and dance
10. See how fast you can complete a puzzle

# Complete The Pattern

Cut out the correct picture below to complete the patterns





# How can you help

## Wash Your Hands

Make it a family routine before every meal and snack to wash hands. For a timer, try slowly singing the ABCs together while you scrub. Remember, germs can move from person to person and that its important to wash your hands and avoid sharing utensils. Good hand washers, are germ busters!

## Catch that Cough

When kids cough or sneeze, they tend to do it right into their hands — and then they use those hands to touch everything in sight! Instead, we can cough and sneeze into our elbow. Can you catch the cough in your elbow? If you accidentally “catch it in your hands,” you can simply wash your hands with soap and water and start the game again.

## “Rest is Best”

When we are sick, we can stay home and rest our bodies; we can be germ busters by not spreading germs or going to school sick.

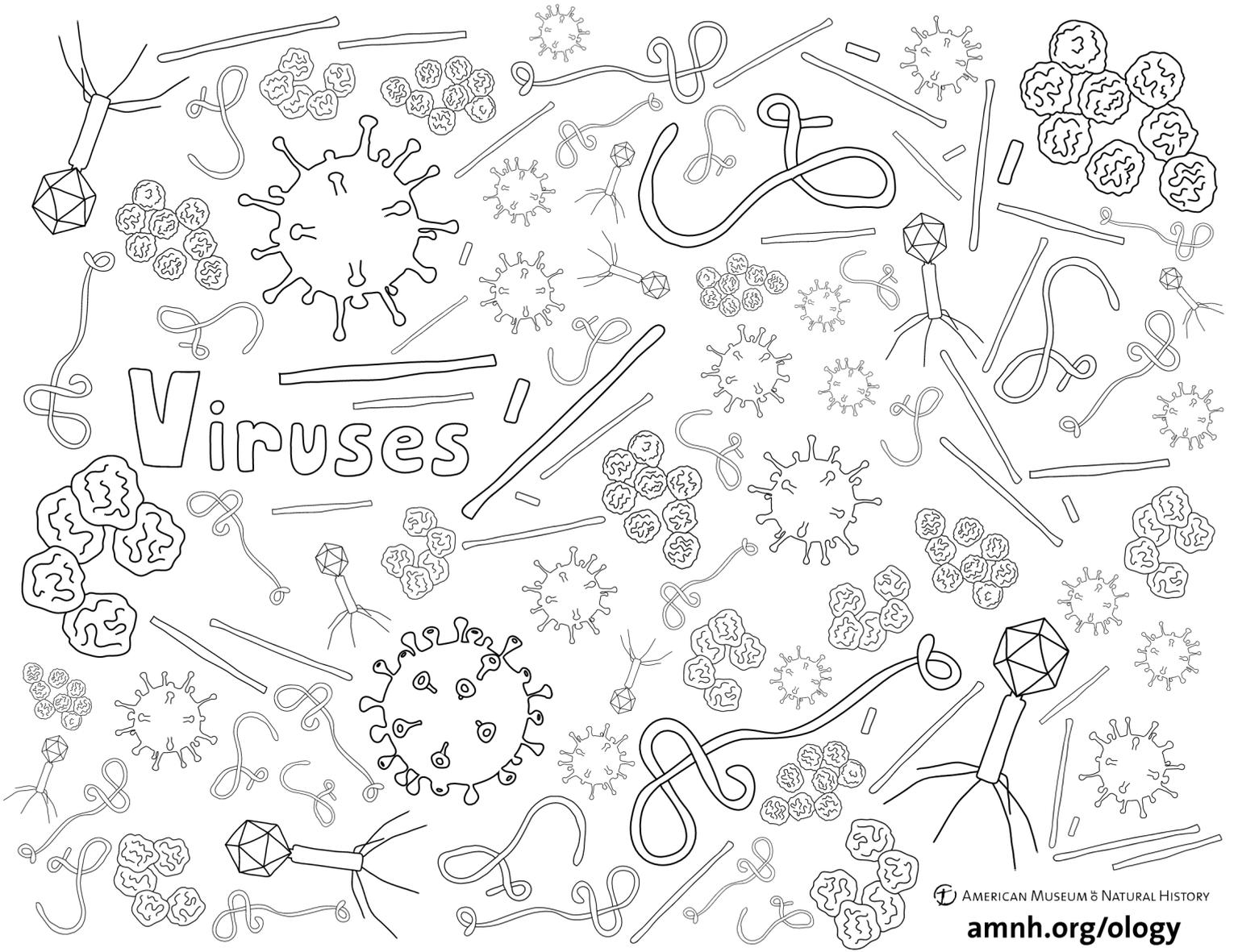
## Practice Healthy Habits

Sleep, exercise and eating healthy foods are good, everyday ways to strengthen our bodies. We will all get sick sometimes! You have probably already had at least one cold this season. But we can be responsible germ busters when we practice handwashing, cough-catching, resting and basic healthy living.



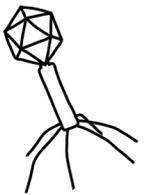
Information sourced from:

<https://www.livescience.com/coronavirus-kids-guide.html>

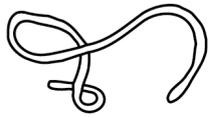


AMERICAN MUSEUM OF NATURAL HISTORY

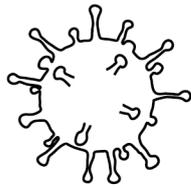
[amnh.org/ology](http://amnh.org/ology)



BACTERIOPHAGE



EBOLA



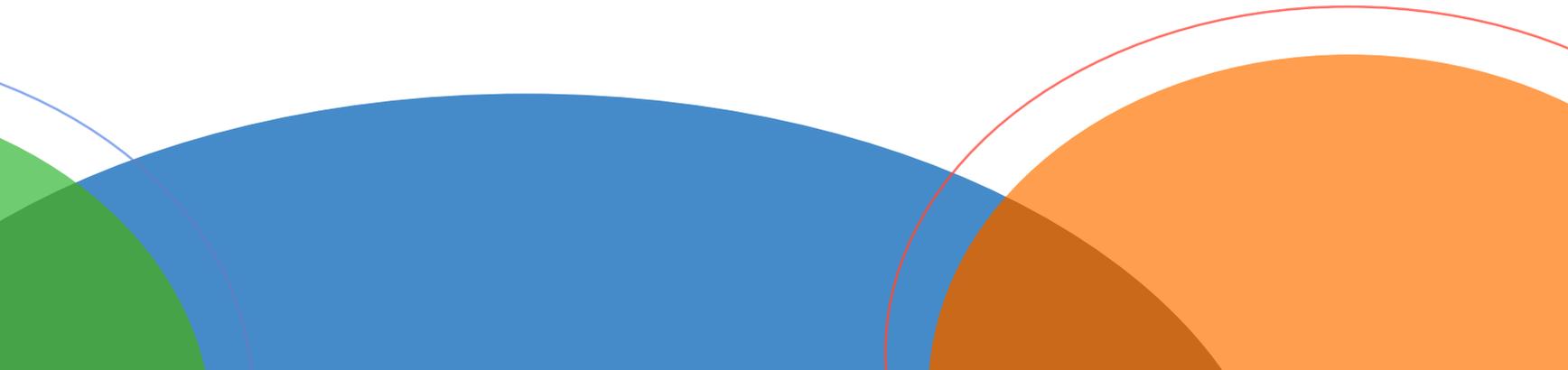
INFLUENZA



RHINOVIRUS



TOBACCO MOSAIC VIRUS

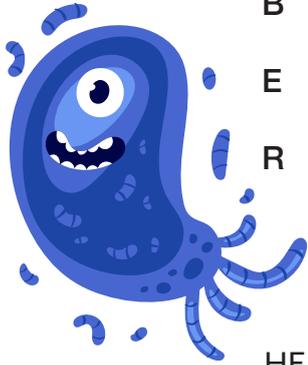


# Word Search

Can you find all the words?



S W A S H G E R M S S  
N O L E M R E T A W P  
U F A L H U A L H T H  
P I U B C Y A P T R D  
S T G A T D G P L R M  
C N H T E E R I A A C  
R E X E R C I S E O Y  
U S L G T E J D H N S  
B S R E S T I U R F E  
E C S V R O Y U M M N  
R W R U I Y N W A P O



HEALTH  
FITNESS  
EXERCISE  
HYGIENE  
SALAD  
WATERMELON

FRUITS  
PLAY  
JUMP  
LAUGH  
SOAP  
CELERY

VEGETABLES  
GERMS  
SCRUB  
WASH  
RUN  
STRETCH

# You can help stop the spread of germs by practicing good hand washing.

Wash your hands with soap and water for at least 20 seconds.



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS

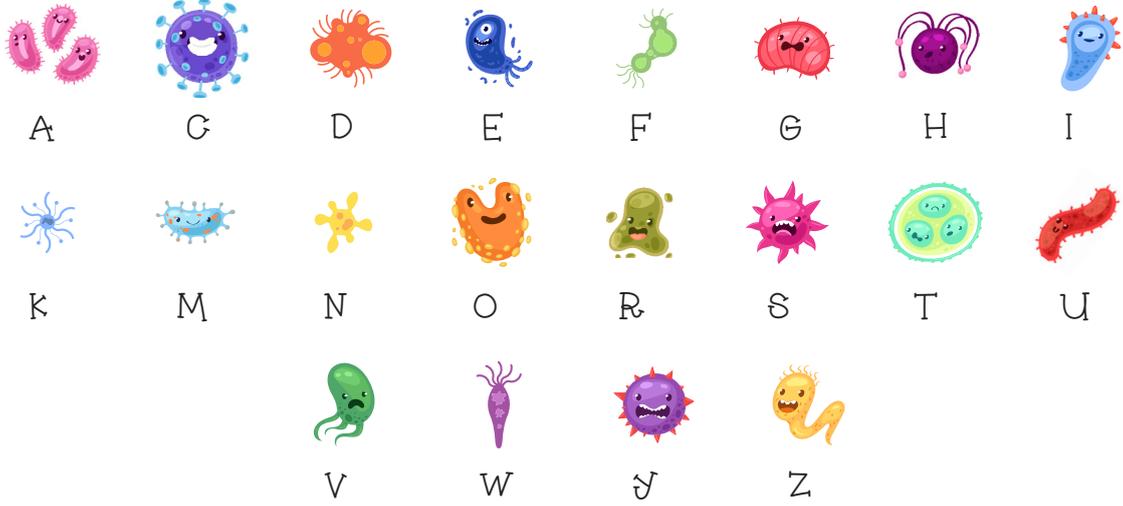


BACK OF HANDS

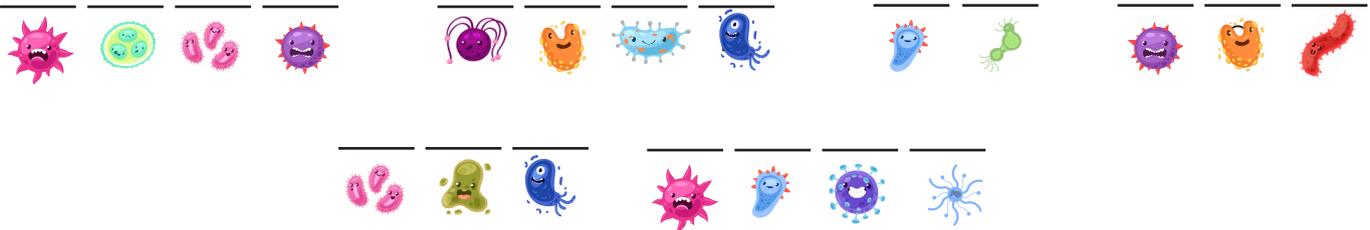


FOCUS ON WRISTS

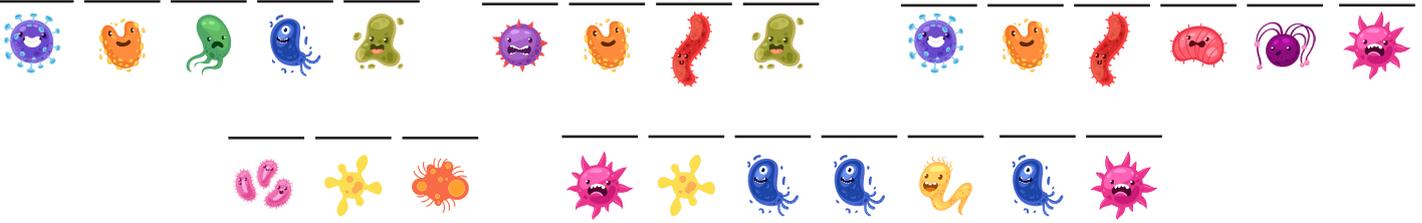
# Decode the Secret Message!



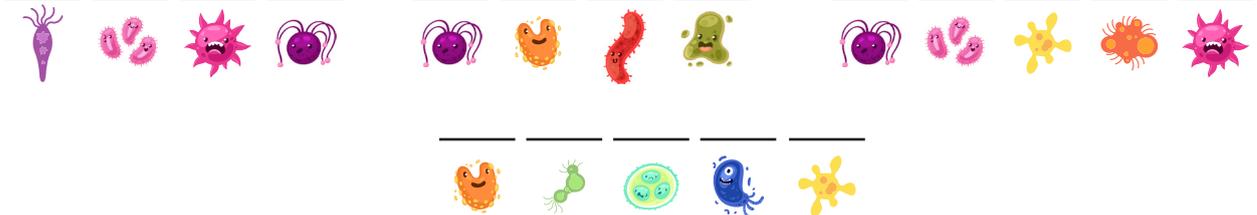
1.



2.

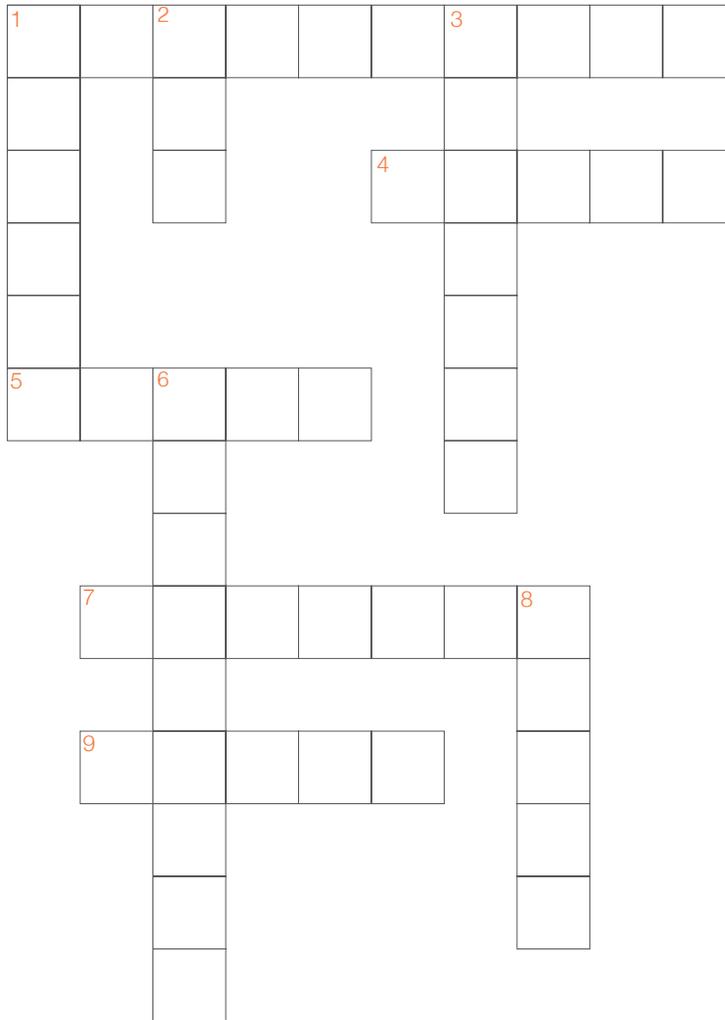


3.



# Crossword Puzzle

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.



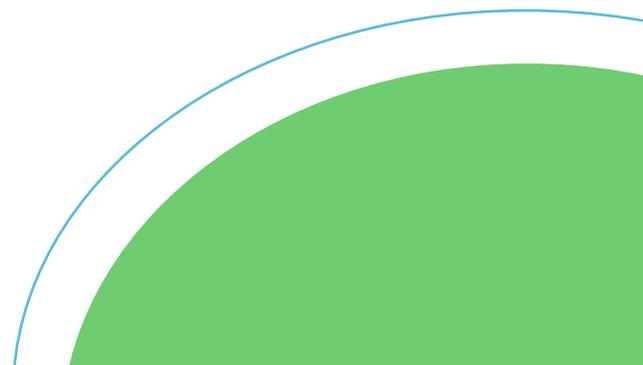
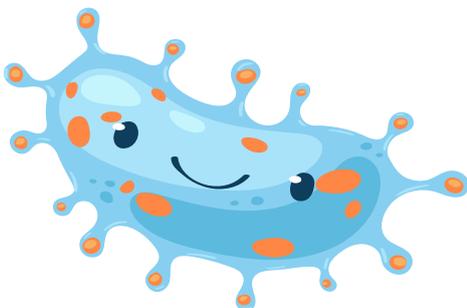
- Stretching
- Muscles
- Sleep
- Healthy
- Run
- Happy
- Endurance
- Water
- Stairs
- Sixty

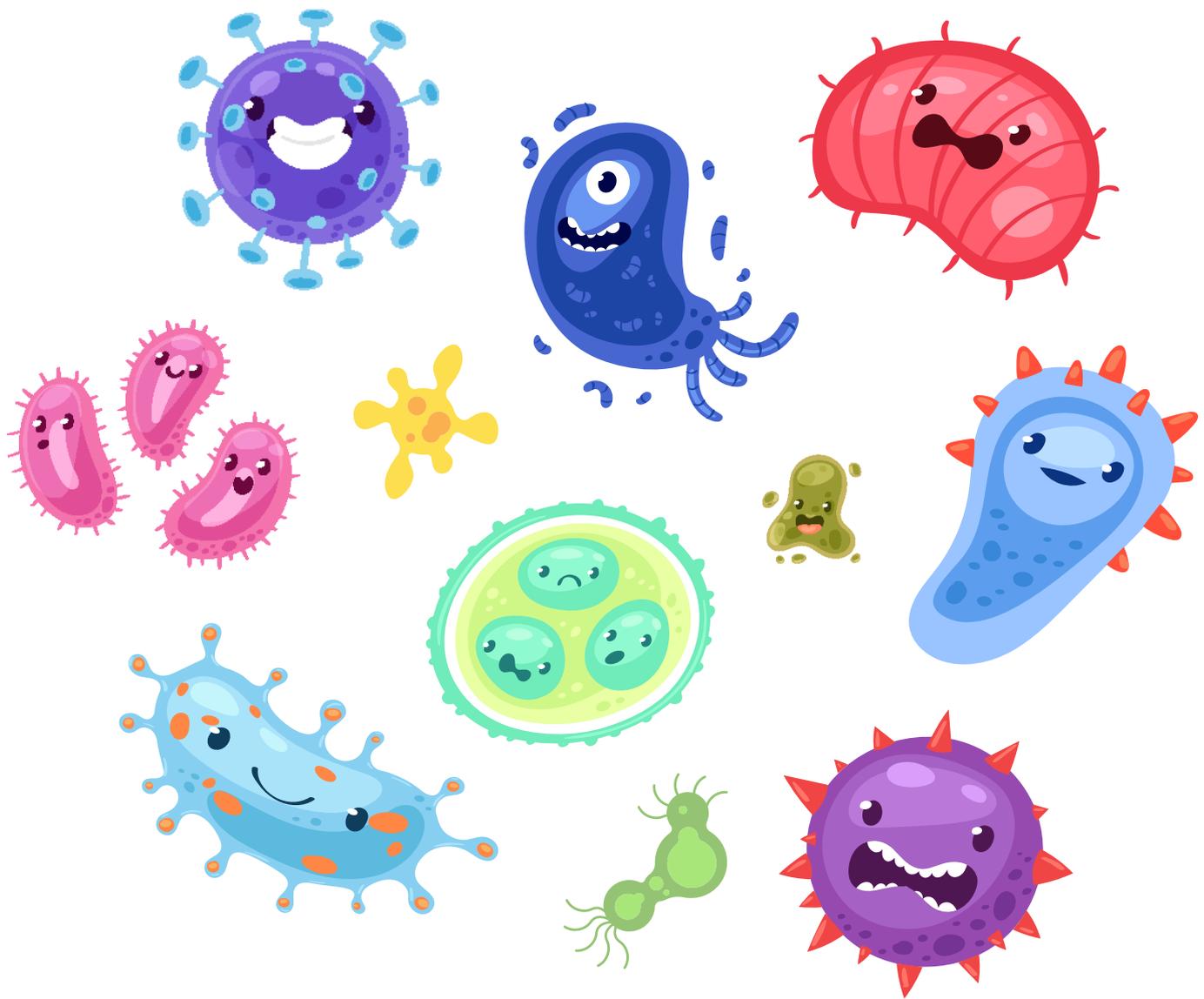
## Across

1. This should be done before being active
4. Exercising makes you feel
5. Allows our bodies to rest at the end of the day to prepare for tomorrow
7. Exercise makes these stronger
9. This is important to drink while being active

## Down:

1. You get more exercise by taking these than the elevator
2. You have to walk in school, but on the playground you can \_\_\_\_.
3. The opposite of sick
6. Your body's ability to continue during fitness activities
8. Kids need to be active for this many minutes per day





Be sure to ask a grown-up to snap a picture of your finished picture or puzzle and post it to our Missouri Delta Medical Center Facebook page so we can spread the message about germs!



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