Good, clean fun!
coloring & activities

from your friends
HENRY THE HAND
and Dr. Will
Help keep everyone healthy!

Spread the word not the germs!

Henry the Hand’s 4 Principles of Hand Awareness:

1. Wash your hands when they are dirty and before eating
2. Do not cough into your hands
3. Do not sneeze into your hands
4. Above all, do not put your fingers in your eyes, nose or mouth from your friends

HENRY THE HAND and Dr. Will

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Henry the Hand®

1. Wash your hands when they are dirty and before eating!

2. Do not cough into hands! Instead try coughing here!

3. Do not sneeze into hands! Instead sneeze here!

4. Above all, do not put your fingers in your eyes, nose or mouth!
HENRY THE HAND’S HAND WASHING GUIDE

1. WET HANDS
2. Use SOAP and WARM WATER
3. SCRUB UP
   - WASH Between Fingers
   - Wrists
   - Under Fingernails
   - Backs of hands
4. RINSE OFF
5. TOWEL DRY

REMEMBER to turn off the water USING A PAPER TOWEL INSTEAD OF YOUR HANDS

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Do You Have Any Idea What Germs Could be on Your Hands?

Bacteroides
If you don't wash after using the toilet, we can give you an ear infection.

E-Coli
(caused by bacteria)
I can be spread by not washing your hands after using the toilet.

Staphylococcus
Would you like a big zit or a boil?

Shigella
I cause Diarrhea.

Streptococcus Pneumoniae
Among other things, I love to give you Pneumonia.

Streptococci
I'm delighted to give you a sore throat.

Pseudomonas
I can infect wounds.

Haemophilus
I can cause pinkeye (highly contagious).

Hepatitis A
I can cause jaundice and diarrhea.
See How Temperatures Affect the Germs!

- **212°** Water’s Boiling Point
- **170°** Most Bacteria Killed
- **135°** Slow Growth of Bacteria
- **98.6°** Your Body Temperature
- **70°** Room Temperature
- **41°** Slow Growth of Bacteria
- **32°** Freezing - No Growth of Bacteria
- **0°**
- **-10°**

**HOT**

41°-135° Bacteria Grow Most Rapidly

**WARM**

**COLD**

What temperatures do Germs like?

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

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Hey Kids!

See how fast germs can multiply and spread if you do not follow Henry’s four principles!

1 x ___ = 5
5 x 5 = ___
25 x 5 = ___
125 x 5 = ___
625 x 5 = ___

Thank you for helping “Spread the Word, Not the Germs”!

Wash your hands!

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HENRY THE HAND

DOT TO DOT

Can you help Henry wash the germs down the drain?

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ACROSS
1. One of Henry's 4 Principles is to keep your fingers out of your eyes, nose, and __________.
2. The germ that causes a common cold is a __________.
3. It is very important when washing hands to wash under the __________.
4. The best defense against the spread of disease is __________ (two words).
5. When washing hands, rub your hands together for at LEAST __________ seconds.
6. When washing hands, use __________ water.

DOWN
1. __________ is caused by bacteria and can be spread by not washing your hands after using the toilet. (Hint: See Identifying Germs)
2. When washing hands, rub hands together __________.
3. The most important time to wash your hands is after using the __________.
4. When washing hands, make sure to use lots of __________.
5. The germ that causes streptococcus is a __________.
CAN YOU FIND THE CORRECT PATH TO BECOME A CHAMPION HANDWASHER?

START

DID NOT WASH HANDS

HENRY WASHES HIS HANDS!

HENRY STOPPED AT THE BATHROOM

RESTROOMS

BOYS

GIRLS

HENRY WASHES HIS HANDS!

DID NOT WASH HANDS

HENRY WASHES HIS HANDS!

HENRY GOT DIRTY

HENRY WASHES HIS HANDS!

DID NOT USE SOAP

SNEEZED ON HIS HANDS!

OH NO!

WITH SOAP!

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HENRY THE HAND®
PUPPET

Help me teach your family and friends about hand washing awareness!

Cut out Henry and the tabs. Cut the slots in each end and wrap the tabs around your hand.
Cut out the mask and see what the world looks like from Henry’s point of view!
1. Type of germ that causes a “common cold” is a __________.
   (ERIFH)

2. Wash your hands for at least __________ seconds.
   (GDVMGB)

3. When washing your hands use __________ water.
   (DZIN)

4. You must always wash your hands __________ you eat.
   (YVULIV)

5. Germs can be spread at least __________ different ways
   (ULFI)

6. Most important part of hands to wash is under ________________.
   (URMTVIMZROH)

7. When washing your hands, rub together ________________.
   (ERTILFHOB)

8. The best protection against infectious disease is ________________.
   (SZMWDZHSRMT)

9. The type of germ that causes strep throat is ________________.
   (YZXGVIRZ)

10. The most important time to wash your hands is after using the ________________.
    (GLROVVG)
Do NOT touch the T Zone!
mucous membranes of your eyes, nose or mouth

The 4 Principles of Hand Awareness
1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose or mouth!

Spread the word not the germs!
Visit www.henrythehand.com

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

HENRY'S CROSSWORD PUZZLE!

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<th>Answer 3</th>
<th>Answer 4</th>
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Spread the Word, Not the Germs!

Check here for the correct answers.

Did you solve Henry’s crossword puzzle?
You can share these Henry the Hand Champion Handwasher Medallions with your family and friends!
Henry the Hand’s Weekly Home Hand Washing Chart

YOU CAN SHARE WITH YOUR FAMILY & FRIENDS
SO THEY CAN BECOME

Champion Hand Washers!
www.henrythehand.com

Name: ________________________________

Week of: ______________________________

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<th>BEFORE BREAKFAST</th>
<th>BEFORE LUNCH</th>
<th>BEFORE DINNER</th>
<th>AFTER RESTROOM</th>
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