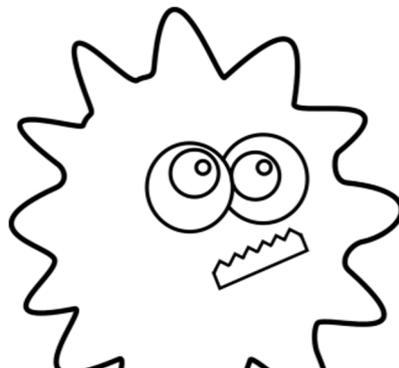
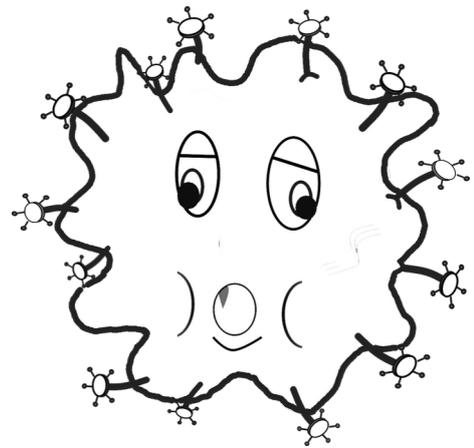
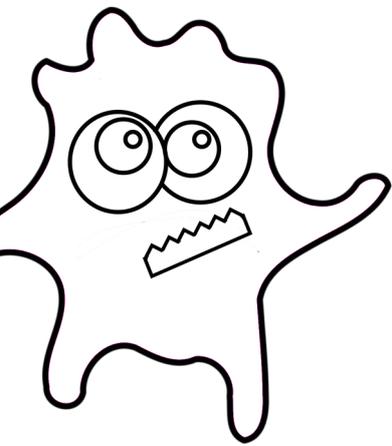


Germ Rhymes

Featuring:

- **Jim the Germ**
- **Flu-y Louie**
- **Nosy Rosie**
- **The Scrub Club**
- **Vi & Rus**
- **Clean Dean**
- **Aunty Flow**



Initial

Dan meets Jim the Germ

By: Lemay Rogers, Johannesburg

Dan came home with hands full of dirt
So much so, he wiped it on his shirt
The preschool sandpit was no match for Dan and his car
His teacher's first thought at home-bell was the local bar

His mom gave him one look (oh my gosh oh my sweet)
She said very gently "wash up, while I fix you something to eat"
Dirty Dan slipped past mom and the soap
To go play with his car and his favourite tow rope

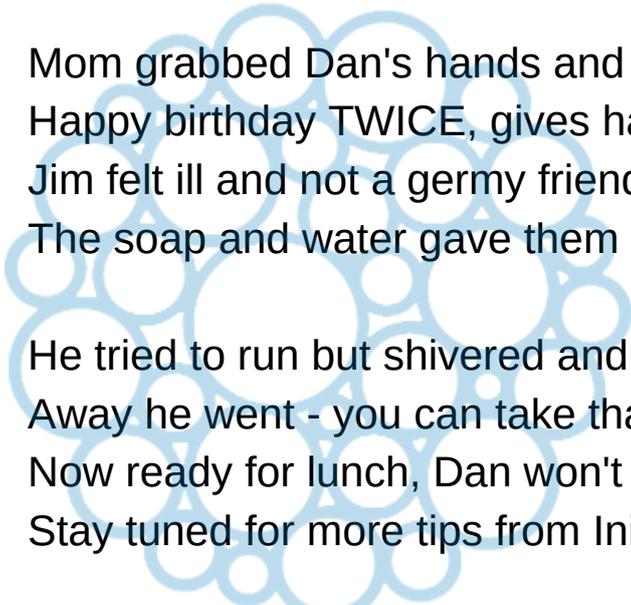
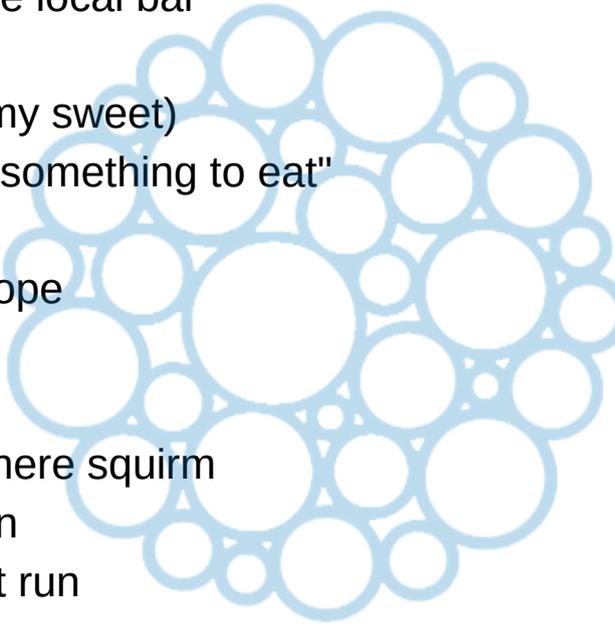
Little does Dan know about Jim the germ
A party animal of note, making moms everywhere squirm
He invites all his germy friends to his sickly fun
Spreading the love to tummies and noses that run

Jim's VIP invitation spreads through touching and spit
If only Dan knew the risk, he might have a tantrum mimicking a fit
Dirty Dan sits down for lunch with Jim the germ as his VIP guest
Mom gave him one look and put an end to the fest

Out comes the soap and there's a trip to the basin
Mom droning about germs, getting rather brazen
Jim the germ was having a ball, a whole load of fun
But smelling the soap, made Jim the germ want to run

Mom grabbed Dan's hands and made him sing
Happy birthday TWICE, gives hand washing a nice ring
Jim felt ill and not a germy friend in sight
The soap and water gave them such a fright

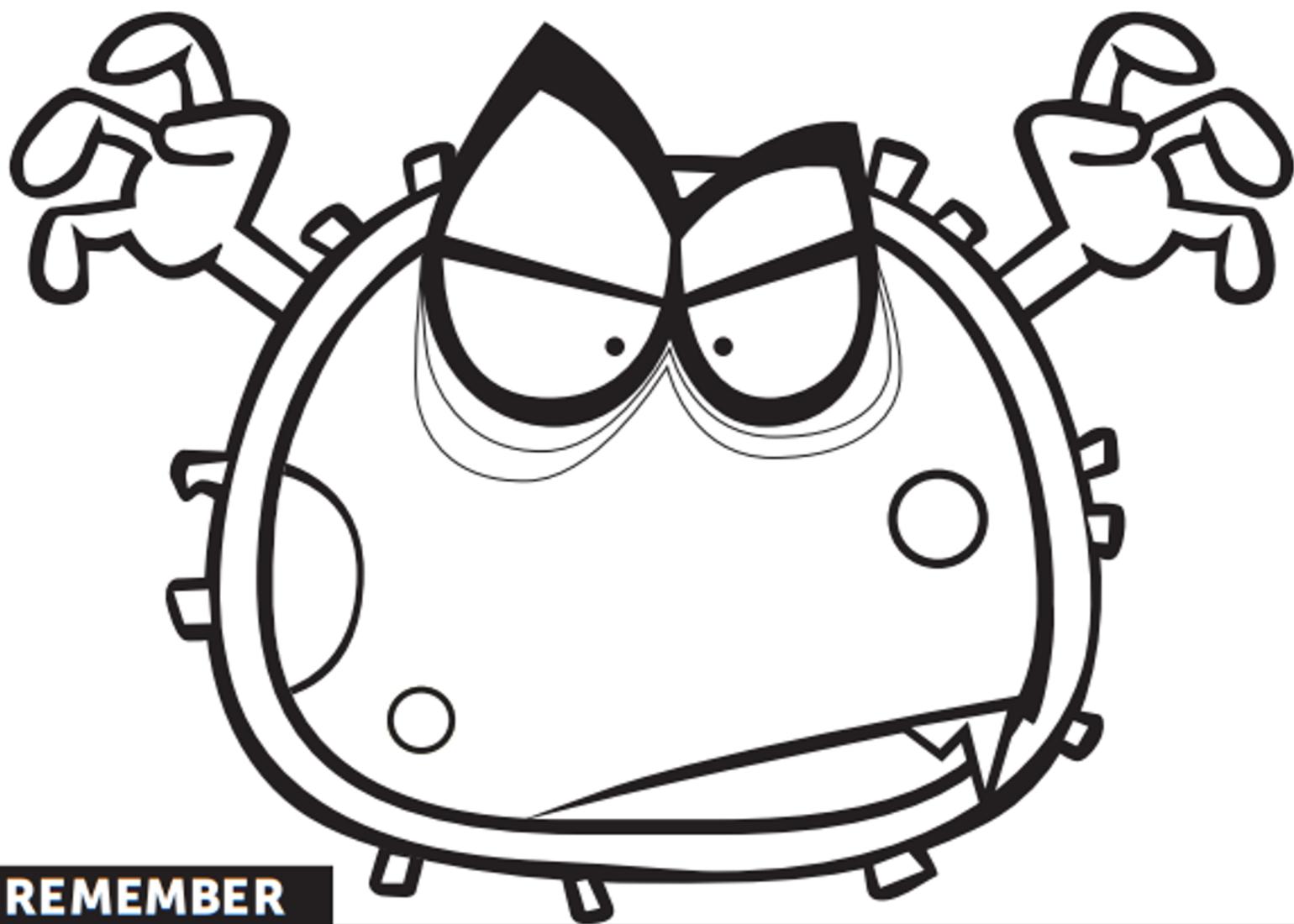
He tried to run but shivered and shrank
Away he went - you can take that guarantee to the bank
Now ready for lunch, Dan won't get sick (he's in the clear)
Stay tuned for more tips from Initial and wash away that fear



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COLOUR YOUR OWN
"Jim the Germ"



REMEMBER

1. Wet Hands



2. Soap



3. Lather



4. Scrub



5. Rinse



6. Dry



***NEVER FORGET
THOSE IMPORTANT
AREAS**

Flu-y Louie

By: Cat Alport, United Kingdom

Once there was a little germ whose friends all called him Louie,
He lived up a human's nose, which was warm and rather gooey,
He had lots of germy friends who gave him company,
It was all in all a happy life, as far as he could see.

But then one day (in June, I think) he started to feel crowded,
So many guests were pushing around, in gloom little Louie was shrouded.
This nose was getting quite, quite full – in fact it was congested,
No room to move, no room to breathe, you could say it was infested!

Then a great idea just came to him, a flash of inspiration,
It seemed to him, exactly the plan, to relieve his great frustration.
“If I tickle this sinus just here, I can launch myself in a sneeze,
And I'll be out in the big wide world, free as the evening breeze!”

So just like that, he did as he'd planned and he braced himself for take-off,
Excitement and fear was in his mind, but freedom was an incredible pay-off!
And that mucous-y germ, flew through the air, like a rocket through the sky,
And as he flew, he shouted to his friends, “Farewell! Ciao! Bye-Bye!”

He didn't get far, until he landed firm, on something quite familiar,
(Well he'd only seen one finger of it – the whole thing looked quite peculiar),
You see, he'd touched down, on a hand when the human's sneeze had
ejected,
And Louie smiled, quite smug and sure that that hand was now infected!

But little Louie hadn't bargained for, a well prepared big human,
And started to squirm as he saw the sight of the dispenser that
was looming!

Because that human already knew, that soap would protect her
from Louie-flu,
And in 20 seconds he went down the plug, and his time of
freedom... was through.

My recipe for clean hands!

Initial

1.

Circle all the times when you should wash your hands!



When they are dirty



After playing outside



After using the toilet



After you cough, sneeze or blow your nose



After playing with pets



Before eating or touching food

Well done keep going!

Nosy Rosie

By: Nathalie Leblond: Cape Town

There was a young girl named Rose
Whose fingers were stuck up her nose
She was sick such a lot,
And covered in snot,
With germs from her head to her toes.

Her mom was called Kate,
HER hygiene was great!
But her daughter she just couldn't train.
Despite frequent imploring
She was less than adoring
of Rose and her germy flu-strain.

Rose's dad was called Rob,
he was SUCH a slob,
he spilled food on his clothes all the time.
Bad manners and greed
allowed germs to breed
and commit the worst hygiene crime!

Rose and her dad
they got the flu bad,
caused by their poor hygiene ways.
While Kate stayed quite well,
in fact she felt swell,
which shows just how good hygiene pays.

Remember to wash your hands

Colouring-in fun!

This boy really needs to wash his hands.



In our wordsearch, find the words that tell you where you need to rub clean when you wash your hands properly, and what you need to use.

-  palms
-  back of hand
-  fingers
-  thumbs
-  fingertips
-  wrists
-  nails
-  soap
-  towel
-  water

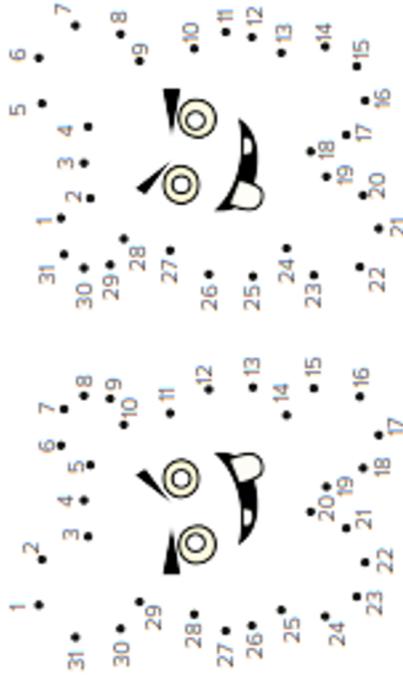
T O W E L A B P C D
B A C K O F H A N D
T E F G H I M L A I
H G J L N O M I X
U U V W Y G X S L Z
M A W A T E R E S F
B T B G H R S O A P
S U W R I S T S A B
S V V M N H O H B G
F I N G E R T I P S

Can you remember the steps to the right way to wash your hands?

- 1.** Wet your hands under _____ water and _____ use lots of _____ hands.
- 2.** Count to _____ while you wash your _____ hands.
- 3.** Rinse all of the _____ off _____ under running water.
- 4.** Make sure you _____ your hands properly to stop germs from growing on your hands.

Dot-to-dot!

These are the reason you need to wash your hands - stop them spreading to your classmates, friends and family!



Initial®
Protecting People.
Enhancing Lives.

What can happen when you don't wash your hands

By: Boitumelo Masihleho, Johannesburg

“Wash your hands!”, you’ve heard mom say, from dusk till dawn, every single day.

“Why do I need to wash them?” you think, every time you need to eat or drink.

Making sure food is cooked properly is the first step.

Before you dig in you need to get your hands wet.

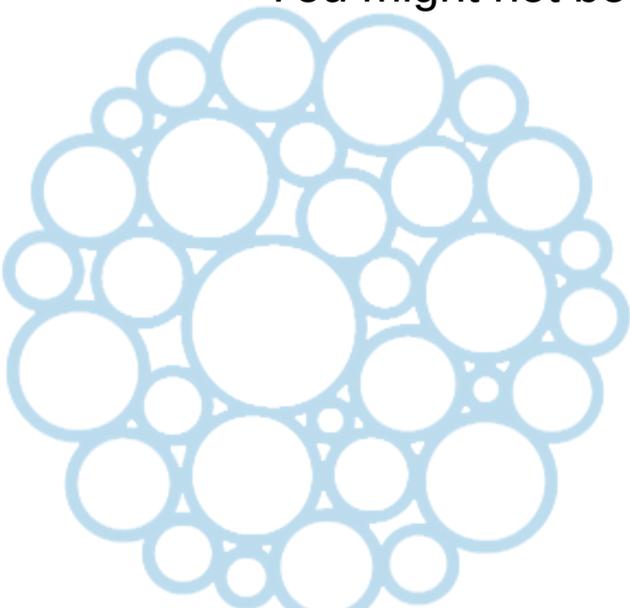
Add some soap and rub-a-dub-dub, rinse and dry your hands, and then get into your grub.

Because if you don’t wash your hands, you might be in for some unfortunate plans.

When your tummy starts to rumble, and your stomach feels like a wild jungle, when you’re running in a panic to the loo, you’ll have no one else to blame but you.

If only you had washed your hands before you ate,

You might not be in such a horrible state.



Initial



3.

Fill in the blanks using the right words!

1. Good handwashing stops from spreading.

2. Germs can make you feel

3. hands after you have washed them stops germs from spreading.

4. When you use the you get germs on your hands.

toilet

ill

happy

tap

germs

drying

Hoorah!
You are now a
**hand washing
champion!**



Vi & Rus, the well travelled germs

By: Bakang Kganyago, Johannesburg

There Vi and Rus are best of friends
They've travelled far, and know the latest trends
From Qwerty keys To all sorts of emojis!

They've seen bathrooms at malls
And changing room stalls
Vi and Rus spread their revolting ways to many - if not all.

How do they get around so much, you ask
They made hitching a ride on your phone their major task
Travelling everywhere, from coast to coast
Making you sick as you write that social post

So to beat Vi and Rus' repulsive trend
And put the transmission of germs to an end
Follow the advice of this jingle
Don't use your phone when you tinkle!
And wash your hands as often as you can
To ensure you put a stop to the germ touring plan

How to wash your hands

Initial



Wet your hands and use soap



Rub palms together



Rub back of hands



Rub between fingers



Rub base of thumbs



Rub fingernails against palm



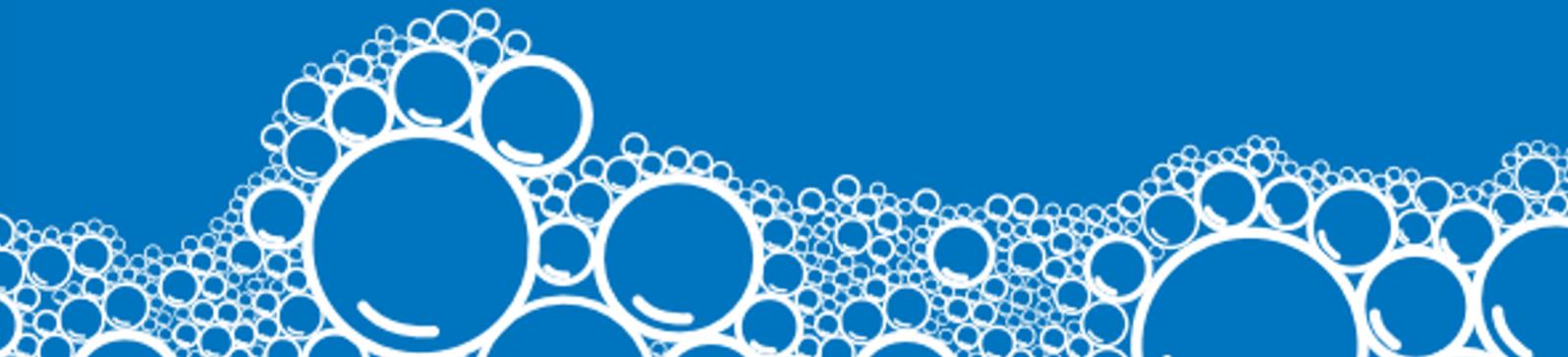
Rub wrists



Rinse well



Dry hands thoroughly



Clean Dean

By: Vela Sabelo, Johannesburg

There once was a kid
and his name was Dean
All the kids loved him
Because he was so clean

He went to a castle
and meet a queen
The queen said, Dean
How are you so clean

He said queen I'm Dean
So I have to keep it clean
Clean Dean! Clean Dean!
Clean Dean! Clean Dean!

Have you washed your hands?

Initial



When you use the toilet, you get germs on your hands



If you don't wash your hands, you pass germs around



Be a handwash champion today



Good handwashing stops germs from spreading



Germs can make you feel poorly



Drying your hands also stops germs from spreading

Aunty Flow

By: Boitumelo Masihleho, Johannesburg

She goes by many names around the world,
and shares a different experience with every lady and girl,
but many of us know her as 'Aunty Flow',
and oh boy, sometimes she can ruin your panties and clothes.
She's seen as a blessing and often a curse,
because of the knock she has on your purse.

From cups and sponges to tampons and pads,
these are just some of the things Aunty Flow needs you to have.
Sadly, some don't have the right things to deal with Flow's mess
And that makes her visit even more of a stress.

For those who do, have a tampon or few,
Please don't dispose of them down the loo.
A clogged toilet that can lead to a flood,
is NOT something to deal with when we're dealing with blood.

A clean, tidy, bathroom bin,
is what you should dispose of your menstrual products in.
Wrap them in toilet paper,
chunk them in - "See ya later!"

Washing your hands goes without saying,
and wipe the seat if blood goes straying.
Give a fellow girl a hand,
If Aunty Flow comes to town unplanned.

IT'S A FACT: GIRLS GET PERIODS



How to use a sanitary pad

1. Wash your hands.



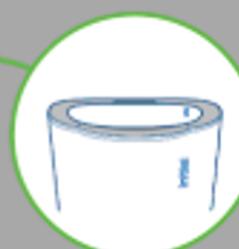
2. Tear off the paper on the back of the pad. Stick it on your underwear.



3. Tear off the strips on the "paper wings". Stick on both sides of underwear.



4. Once used, throw the sanitary pad away in a feminine hygiene bin.



Remember to change your pad regularly.

5. Wash your hands.



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Hygiene
Angels

Keeping girls in school.

**Happy Global
Handwashing Day
from all of us at Initial!**

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