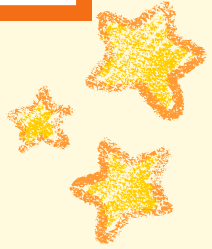


EDDIE GOES TO DAYCARE

written and illustrated by
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Note for parents, guardians, and staff

Germs are everywhere. They are so small that we cannot see them with our own eyes. Germs can live on our hands, door knobs, toys, utensils, tables, backpacks, in the bathroom, and other places and spaces that we may interact with or touch. So, you can imagine with all of the play time and activities young children have at their childcare center or school, they can spread germs easily and quickly. It is important to teach young children how germs can spread and what we can do to stay healthy and safe.



Note for parents, guardians, and staff

This fun and interactive book talks about ways to keep germs away. For example:

- **Washing our hands before and after different activities;**
- **Covering our mouth and nose when we cough or sneeze;**
- **Not sharing personal items;**
- **Keeping our places and spaces clean; and**
- **Staying home when sick.**



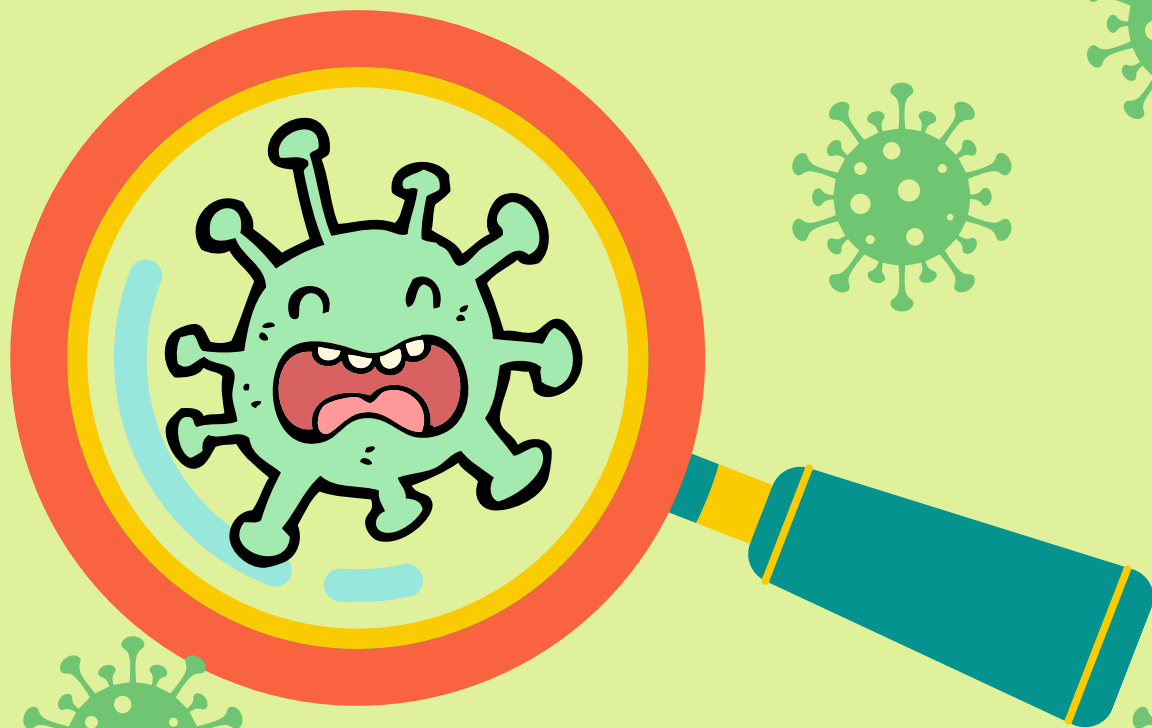
Note for parents, guardians, and staff

For more information, check out the tips section at the end of the book. These tips can be used in your home, childcare center, or school.

To keep children engaged throughout the book, we hid Gus the Germ on every page. Looking for Gus on each page can be a good way to teach children about germs and how they can live on so many surfaces. We also have a sing-a-long that children can sing twice while washing their hands.

Now, it's story time!

Can you find Gus the Germ on every page?





Rise and shine, Eddie!
Time to get ready!

**Eddie is happy to go to daycare.
He and his friends have lots of fun there.**



Eddie plays with toys and his friends play, too.
All of a sudden, HA-HA-HAAA-CHOO!

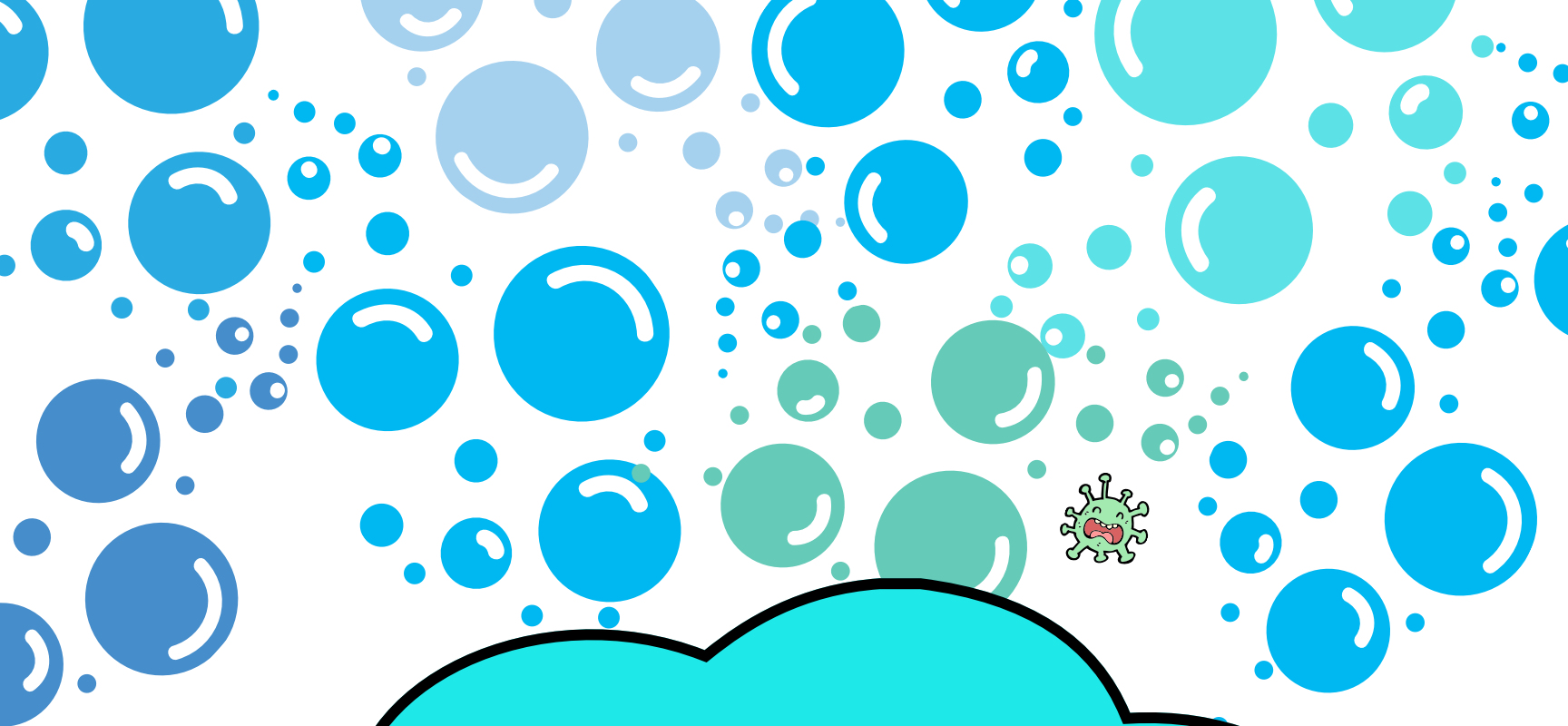




**Before Eddie sneezes, the tissue covers his face.
He does not want germs all over the place.**

**Eddie wipes with the tissue and throws it away.
Time to wash his hands. Hip, hip, hooray!**





**Soap and water, bubble, bubble.
Scrub and rub. That's no trouble!
Up and down, and in between.
Rinse and dry, hands so clean.**

**It's almost lunchtime for the tots!
Ms. Kate wipes down the tabletops.**



Eddie and his friends each get a plate.
"No sharing your food," says Ms. Kate.



**Germs can live everywhere.
After lunch, wash up with care.**



**Now, it's naptime for the tots.
Get your own blankets, lie down on your cots.**



**The tots wake up for potty time.
Then they wash their hands with a rhyme.**





**Soap and water, bubble, bubble.
Scrub and rub. That's no trouble!
Up and down, and in between.
Rinse and dry, hands so clean.**

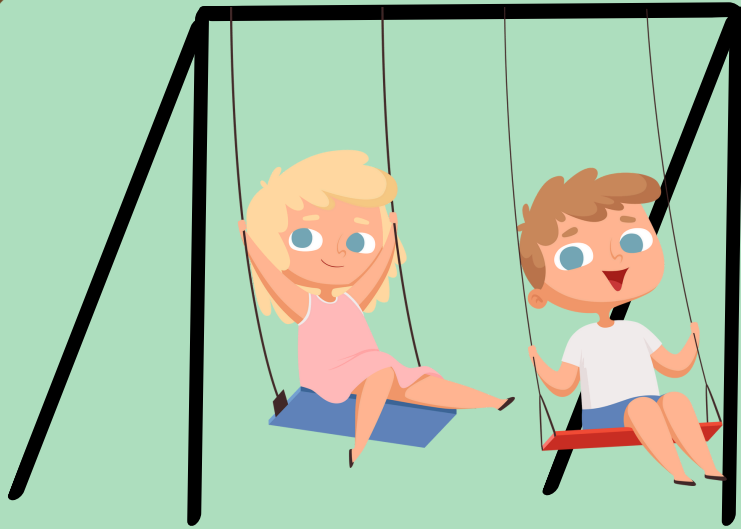
**Ms. Kate cleans the potty and washes her hands.
Time to go outside and play in the sand.**



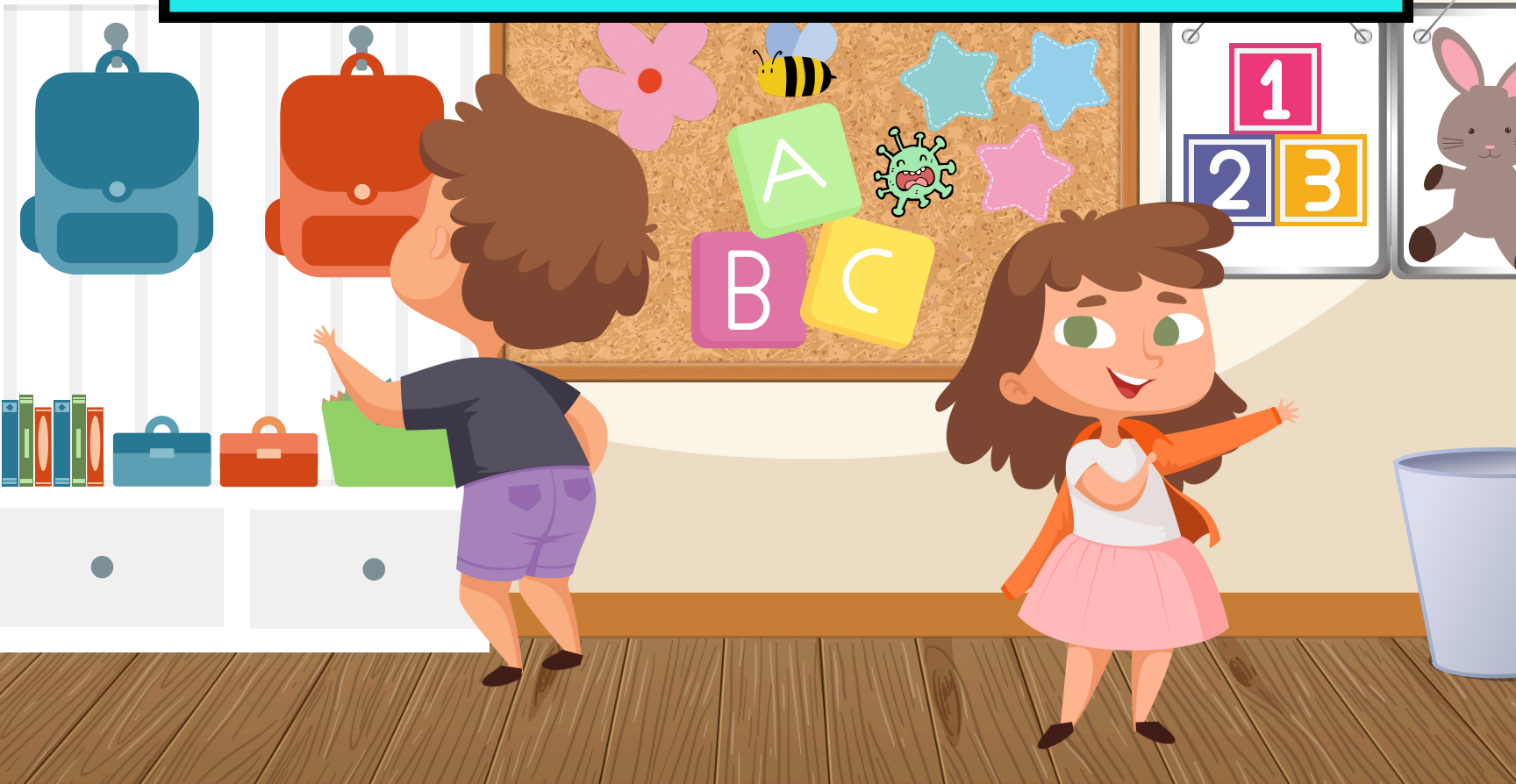
**The tots build a castle with sand and shells.
But poor Max, he is not feeling so well.**



**Ms. Kate calls his mom and then waits with Max.
He needs to go home to rest and relax.**



**Cover the sandbox. Time to go back.
The tots wash their hands and start to pack.**



**Daycare was so safe and fun.
Thanks to Ms. Kate and everyone!**

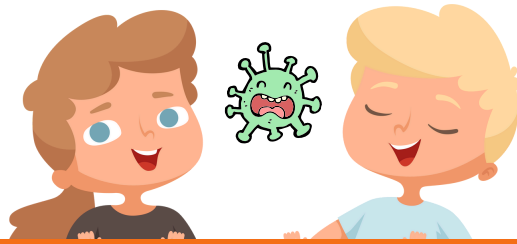




Tips for parents, guardians, and staff

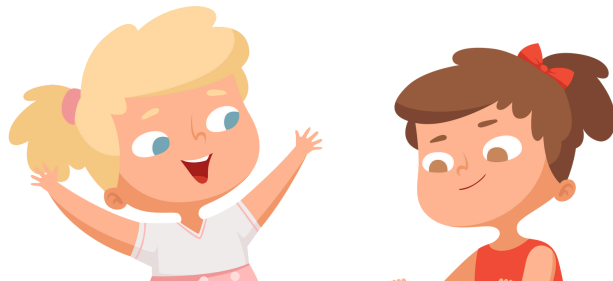
- There are many types of germs, such as influenza, norovirus, coronaviruses, and more, that can cause respiratory and stomach illness symptoms. In order to stop the spread of germs, teach children to use a tissue to cover their nose and mouth when sneezing or coughing. If a tissue is not available, they can cover their nose and mouth with their upper sleeve or elbow. After sneezing or coughing into a tissue, children should throw the used tissue away in a wastebasket and wash their hands.
- Washing hands often is important to keep germs at bay, especially after coughing or sneezing. Teach children to wash their hands with soap and water for at least 20 seconds, making sure to reach the backs of their hands, between their fingers, and under their nails. Singing the "Happy Birthday" song or the book sing-a-long twice is a fun way for children to scrub their hands for at least 20 seconds. After rinsing their hands well under clean, running water, they should dry their hands with a clean towel or air dryer.





Additional Tips

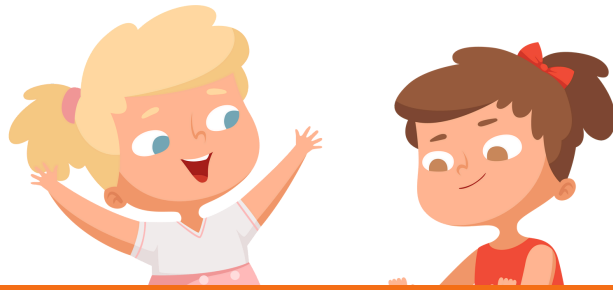
- **To stop the spread of germs, children should not share dishes, utensils, food, and drinks.**
- **Use a soapy water solution to clean tabletops with disposable paper towels and rinse the tabletops with water. Then, disinfect tabletops with an EPA-approved disinfectant and follow the manufacturer's instructions for safe usage. After the appropriate contact time, wipe tabletops dry using clean disposable paper towels. All used disposable material should be thrown away.**
- **Children should have their own separate crib, cot or sleeping mat. Teach them not to share their personal belongings, like their blankets and pillows, with one another. Childcare staff should routinely clean and disinfect cribs, cots, and/or sleeping mats. They should also provide children with clean linen following accidents or spills and launder the soiled materials.**



Additional Tips



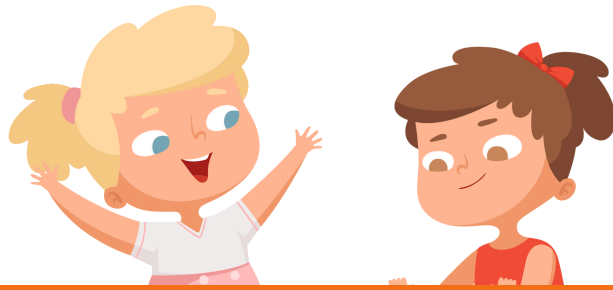
- **Key times to wash your hands include:**
 - **Before, during, and after preparing food,**
 - **Before and after eating food,**
 - **Before and after caring for someone at home who is sick,**
 - **Before and after treating a cut or wound and giving first aid,**
 - **Before giving medication,**
 - **Before wearing and after removing gloves,**
 - **After using the toilet,**
 - **After changing diapers or cleaning up a child who has used the toilet,**
 - **After blowing your nose, coughing, or sneezing,**
 - **After playing outside,**
 - **After touching an animal, animal feed, or animal waste,**
 - **After handling pet food, and**
 - **After touching garbage.**



Additional Tips

- **When feeling ill, children should not attend the childcare center or school. If they start to feel ill while at the center or school, they should be separated from other children to the greatest extent possible while waiting to get picked up.**
- **After playtime, childcare staff should cover the sandbox to keep insects, small animals, and germs away.**





Sources:

- <https://www.cdc.gov/respiratory-viruses/prevention/hygiene.html>
- www.cdc.gov/handwashing/index.html
- www.nj.gov/health/cd/topics/schoolhealth.shtml
- www.cdc.gov/earlycare/infectious-diseases/protecting-your-program-from-infection.html
- www.healthychildren.org/English/health-issues/conditions/prevention/Pages/Cleaners-Sanitizers-Disinfectants.aspx
- <https://www.cdc.gov/rhinoviruses/about/index.html>
- www.healthychildren.org/English/safety-prevention/at-play/Pages/Safety-in-the-Sandbox.aspx





To request additional copies of this book or an e-book for your childcare center or school, please reach out to your local health department.



