

# Crayons Count!

A Project of Do Good Jamaica  
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## I'm a Flu Fighter!

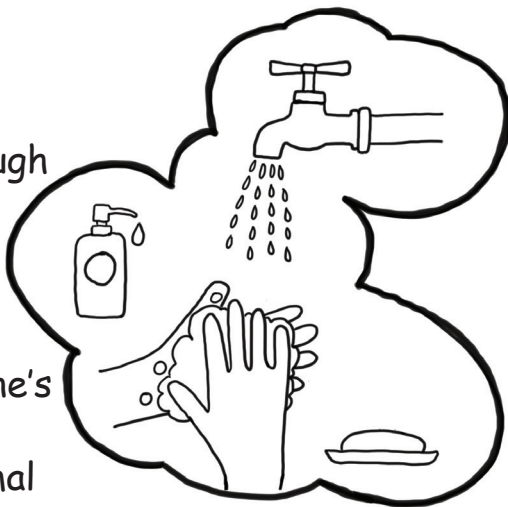


We can keep children safe from cold and flu by teaching them that germs cause colds and flu. Proper hand-washing and hygiene helps to kill germs.

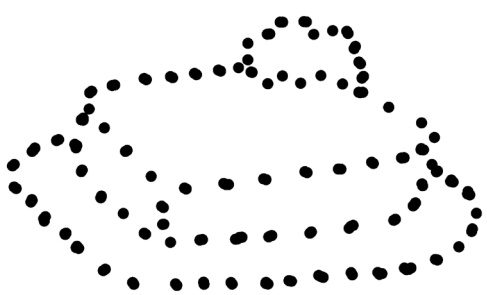
Germs spread when we sneeze without covering our mouths. They also spread when we sneeze into our hands and touch other things.

I wash and dry my hands

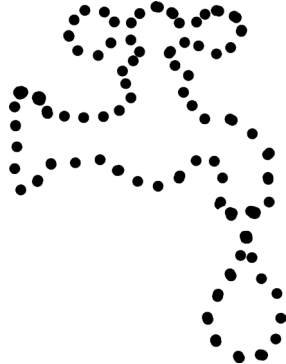
- Before I eat
- After I sneeze or cough
- After I use the bathroom
- After I play on the ground or outside
- After I shake someone's hand
- After I touch an animal



What super tools do you need to fight the flu? Connect the dots and unscramble the words to find out.



O S P A \_\_\_\_\_



R W T E A \_\_\_\_\_

How long should I wash my hands?  
Long enough to sing the Flu Fighter song\*:



I wash my hands and sing a song and  
do a little dance  
If I wash my hands enough then  
germs don't stand a chance  
Bubble, bubble with the soap to keep  
the germs at bay  
Rinse, rinse with the water to wash  
them all away  
I keep the germs away from me  
And they can't get to you  
Clean hands keep us healthy  
Safe from cold and flu!



What if I'm not near  
running water?



Use a hand  
sanitizer or wet  
wipes with alcohol.

What if I don't  
have a tissue?



Sneeze into your  
clothes.

I cover my mouth  
with a tissue when  
I sneeze or cough



Crayons Count has donated a standard set of learning tools to every institution that has applied for registration with the Early Childhood Commission. Crayons allow children to colour, draw and express their creativity while also developing their fine motor skills.

#### Parents' Tip:

Drawing and colouring activities are great, fun ways to teach children about important topics like hygiene and flu prevention. Repeating these activities helps to reinforce the lesson. You can find more health-related activities in the ECC Resource Book at [ecc.gov.jm](http://ecc.gov.jm)



This page is brought to you by The Gleaner Company, Do Good Jamaica and Jackmandora. Crayons Count is a campaign to support early childhood education by 1) increasing awareness of the importance of early childhood education and good early childhood practices and 2) providing recommended learning tools to early childhood institutions. Support Crayons Count. Visit [dogoodjamaica.org/crayonscount](http://dogoodjamaica.org/crayonscount) for more information.

\*Flu Fighter song: Copyright {c} 2016 Kellie Magnus for Jackmandora.

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