**PRE-TEST!**

Hi there, Kids! Keeping yourself neat and germ-free is good, clean fun! Let's see what you know before reading the book and then after!

**TAKE THE PRE-TEST WITH DARBY BOINGS! ANSWER THE QUESTIONS TRUE OR FALSE.**

1. A good way to keep germs from spreading is to wash your hands often.
   - TRUE
   - FALSE

2. You should never brush your teeth before you go to bed.
   - TRUE
   - FALSE

3. Soda and candy help your teeth grow strong.
   - TRUE
   - FALSE

4. Wearing clean clothes helps you feel clean and fresh.
   - TRUE
   - FALSE

5. Germs are too small to see unless you have a microscope.
   - TRUE
   - FALSE

**DISCLAIMER:** This book provides general information about personal hygiene. This information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health needs and to professionally address personal hygiene or medical concerns.

**TRACE YOUR HAND BELOW!**

Wow! Look at all of the gunky sunk on your hand! We'll learn how to fix that!

Let's learn how to wash away the sunk!

**WRITE YOUR NAME HERE!**
**Fun Germ Facts!**

### Two Types of Germs

**Virus**
The smallest type of germ. This is the kind that causes colds and the flu. *Yuck!*

**Bacteria**
A single cell germ. Many bacteria live in your body already and actually keep you healthy!

### Atchooooo!

When you sneeze, germs can fly 3 - 5 feet and travel up to 100 miles an hour! *Choo!*

### Eureka!

In 1861, Louis Pasteur was the first to discover that people got sick because of germs!

### Hand It to the Germs!

There are usually millions of bacteria on each hand. *Wow! There are so many things to learn about germs!*

### Getting the Gunk off!

**Hygiene is keeping both your body and your appearance neat and clean.**
This means washing your hands and brushing your teeth, as well as making sure to wear clean clothes and bathe regularly. Having good hygiene will keep you healthy and happy! *Cleaning your hands keeps germs from spreading so you and those around you don’t get sick.*

**Brushing and flossing your teeth helps them grow healthy and strong.**

**Bathing and wearing clean clothes helps you stay healthy and fresh so others want to be around you!**

*Did you know your teeth are alive? Caring for your Chompers is important!*
Bathing and showering are very important for a lot of reasons. When you play you will start to sweat and get dirty. It’s important that once you’re done playing, you take a bath or shower so you can wash away all of the dirt, germs, and gunk. Germs and dirt can cause you to get sick and even start to hurt your skin if you go too long without bathing. Even if you don’t feel like you’re very sweaty or dirty, it’s good to take a shower or bath before bedtime.

Don’t Be a Gunk Mouth!

“Chew”se to care for your mouth!

Flossing is important to keep the spaces between your teeth clean and healthy.

Teeth
Let you chew your food and help make words when you talk.

Gums
Surround and help hold your teeth in place.

Lips
Let you form words when you talk.

Tongue
Helps you speak and taste food.

Brushing after you wake up and before you go to bed will help you not get cavities.

Every time you eat, food bits are left on and around your teeth. It’s important to clean them so your smile stays healthy and strong. When brushing, keep going for 30 seconds or for a verse of your favorite song. Brush twice a day and floss once, because when you take care of your teeth, your teeth will take care of you! That’s a lot to “chew” on!
All about Your Mouth!

Kids have 20 teeth, but as an adult you will have 32 teeth.

The first set of teeth you have are known as baby teeth. Those will fall out when your adult teeth grow in.

Four teeth that grow in the back of your mouth as you grow up are called wisdom teeth.

Soda and candy are okay to have once in a while, but too much is not good for your teeth.

Your mouth grows up just like you do! Remember to brush, floss and see your dentist!
**Gunkilocks & the Four Hairs**

- **Kinky Hair**: Is wiry and curly. Fine hair has thinner strands.
- **Short Hair**: Means less to deal with.
- **Curly Hair**: Is loopy and thicker.

**Types of Hair**

Whatever type of hair you have, it's important to keep it neat and clean!

**Hair Brush**
- To keep your hair tangle-free.

**Pick + Comb**
- Also to keep your hair moist and in place.

**Oil + Gel**
- To keep your hair neat and clean.

**Shampoo + Conditioner**
- To clean and keep your hair soft.

**No Gunky Threads!**

Wearing clean clothes helps you feel clean and fresh, and keeps dirt and germs off your body!

**First:** Into the washing machine with soap!

**Next:** Into the dryer!

**All Clothes Need to Be Washed on a Regular Basis, Even If They Don't Look That Dirty!**

**Last:** Don't forget to fold or hang your clothes in the closet!

**Keeping Gunk-Free Is Cool!**

Ask your parent or family member to show you how!
No Gunky Paws!

PEEE-YEWW!!
If you think you are stinky, you probably are! Get rid of the funk by washing off the funk!

TRIM THOSE NAILS!

WASH THE BOTTOMS!

CLEAN BETWEEN THOSE TOES!

You may not think about your feet often, but they’re important! They let you walk, run and play, so keep those tootsies fresh and clean!

Draw Your Own Germ!

Germs have many shapes, sizes and colors. Use your imagination to draw your own gunky germ below!

Germs are so small, to see them you have to look through a special tool called a microscope!
The Hi-Five Finger Plan

**Wash Your Hands:**
- After feeding or cleaning pets
- Before touching a cut
- Before and after meals
- After playing outside
- After playing with pets
- After coughing, sneezing, or blowing your nose
- After going to the bathroom before and after cooking

**Clean Under Nails**

**Wash for 20 Seconds**

**Dry Hands Well**

Use each of your fingers to remember these tips when washing your hands!

Gunk and germs get on your hands every time you touch anything, and those germs can make you or others sick. That’s why washing your hands is one of the most important things you can do to stay healthy and happy! Don’t pass the germs on!
Connect the Dots
THEN COLOR IN THE GUNKY BROTHERS!

BLINK-EYE

QUAS-EYE

VILL-EYE

Find the Words
FILL IN THE BLANKS THEN FIND THOSE WORDS IN THE PUZZLE BELOW!

T__THBR_SH
SH__P_O
F__SS
CL_PP_R
C_MB
F__T
S__P
H_N_

F L O S S L B T H J F
A X L M O R Z V A M B
B Q R P A M X D N Q K
S H A M P O O B D O N
N O L C C IE H G L P
Z T O O T H B R U S H
T F R M C L I P P E R
V U S B X P N F O O T
Fill in the Answers

WHEN SHOULD I WASH MY HANDS?

WHEN SHOULD I WASH MY CLOTHES?

HELP DARBY GET HIS CLOTHES TO THE WASHING MACHINE!

READ THE WORDS BELOW AND CIRCLE THE PICTURES!

GERMS
TOOTHBRUSH
SOAP
HAIR BRUSH

LAUNDRY BASKET
NAIL CLIPPERS
HAND SANITIZER
DRY TOWEL

Cleanliness is next to AWESOMENESS!
WOW! LOOK HOW CLEAN YOUR HAND IS NOW!

TRACE YOUR HAND AGAIN!

HAVE AN ADULT HELP YOU CUT OUT THE PUZZLE PIECES ABOVE. THEN MIX UP THE CARDS AND LAY THEM ON A TABLE WITH THE GERM PATTERN FACING UP. TURN OVER TWO CARDS AT A TIME AND TRY TO MATCH THE CLEANING TOOL WITH THE PART OF THE BODY YOU USE IT ON.
<table>
<thead>
<tr>
<th>Cotton Swab</th>
<th>Soap</th>
<th>Comb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toothbrush</td>
<td>Between Teeth</td>
<td>Hand</td>
</tr>
<tr>
<td>Hair</td>
<td>Ear</td>
<td>Clipper</td>
</tr>
<tr>
<td>Floss</td>
<td>Fingernail</td>
<td>Tooth</td>
</tr>
</tbody>
</table>

**POST-TEST!**

Now let's see what you've learned after reading the book!

**Take the post-test with Darby Boings! Answer the questions true or false.**

1. A good way to keep germs from spreading is to wash your hands often.
   - **True**
   - **False**

2. You should never brush your teeth before you go to bed.
   - **True**
   - **False**

3. Soda and candy help your teeth grow strong.
   - **True**
   - **False**

4. Wearing clean clothes helps you feel clean and fresh.
   - **True**
   - **False**

5. Germs are too small to see unless you have a microscope.
   - **True**
   - **False**

**Flip over to see the answers!**

© 2013 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States and international copyright law. No part of this publication may be reproduced, distributed, displayed, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice.
Tips to Keep the Gunky Brothers Washed Away!

Hygiene is an important thing whether clipping your nails or showering.

Wash your hands when you blow your nose, and always wear nice, clean clothes.

Being clean is a lot of fun. You should do it when your playing is done.

Washing up every day will help you keep those germs away!

Being clean is cool!