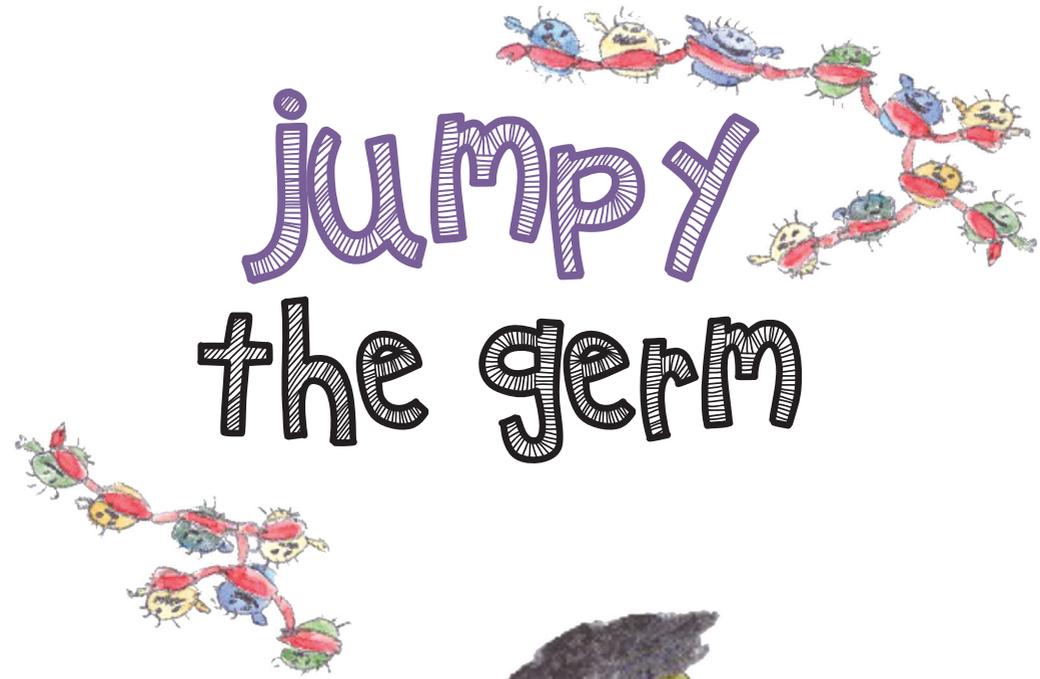


**GREEN** Second stage



# jump y the germ



a hanging library book in partnership  
with children for health

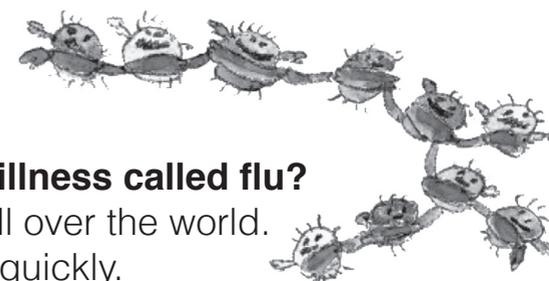
Story by Stewart Tiley. Illustrations by Chie Miyazaki.



These books have been developed from an idea by Hugh Hawes and Sam Muwonge and used since 2007 in schools in and around Kampala. The books have been revised since 2014 and new titles created.

We would like to thank Violet Mugusa and Jones Kyazze for their generous time and energy in facilitating visits in 2015 to Makindye Junior School, The Light Primary School Bulenga, Busaabala Primary School and Nakyessanja Primary School.

Our thanks go particularly to the schools for their feedback and especially their suggestions on how to improve the project.



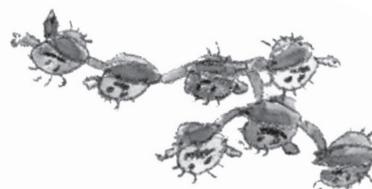
### **Have you heard of an illness called flu?**

A lot of people get flu all over the world.

Most people get better quickly.

But some get very ill and even die.

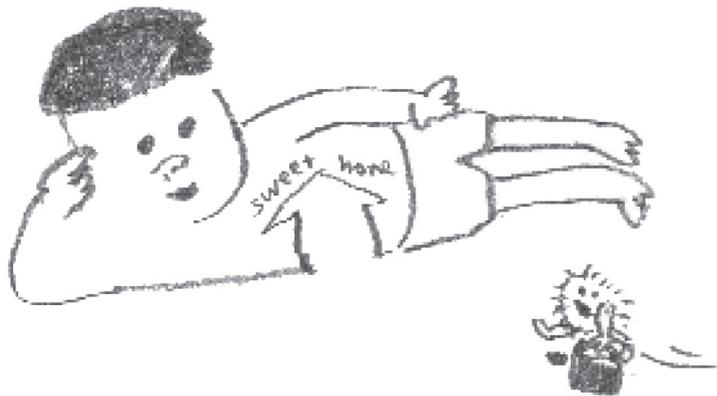
Did you know that it is spread by Jumpy the Germ?



# Jumpy the germ



This is Jumpy. He is a germ. Can you see him? He's waving at you. No, he is too small. But he can see you.



He likes the look of you. You look warm and comfortable. If he gets inside of you he will make you his home. How will he get in? All he needs is a hole.

## 5 Questions

1. Why can't you see Jumpy?
2. How can he get into your body?
3. What happens when he gets in?
4. How can you stop him?
5. How can you stop passing him on to other people?

## A good question to ask our families

How can we wash our hands properly at home?

## Something to do

Take a small piece of chalk from school and squash it until it becomes powder. (Pretend the powder is Jumpy and all his brothers and sisters.) Then put the dust on your hands. Shake hands with your friends. Touch a desk or a table. What do you see?

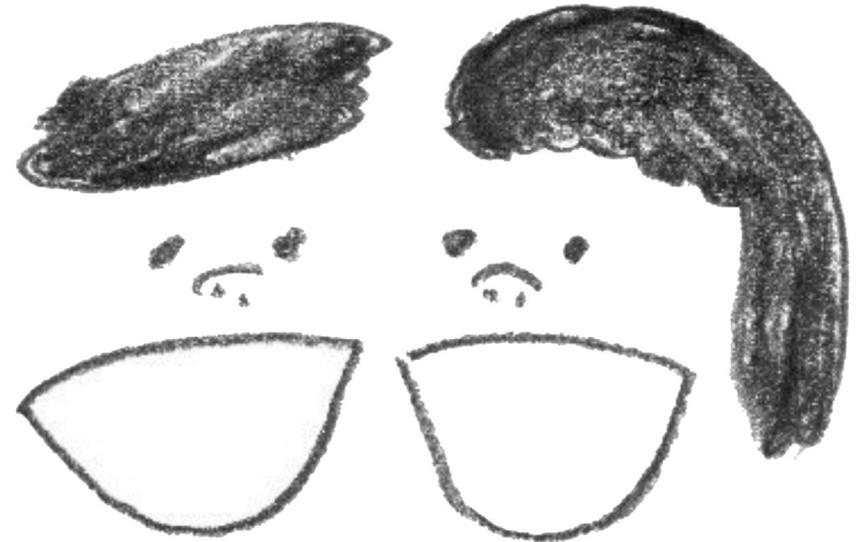
Tell the story of Jumpy to your little brothers and sisters. Show them how to wash their hands to stop Jumpy!



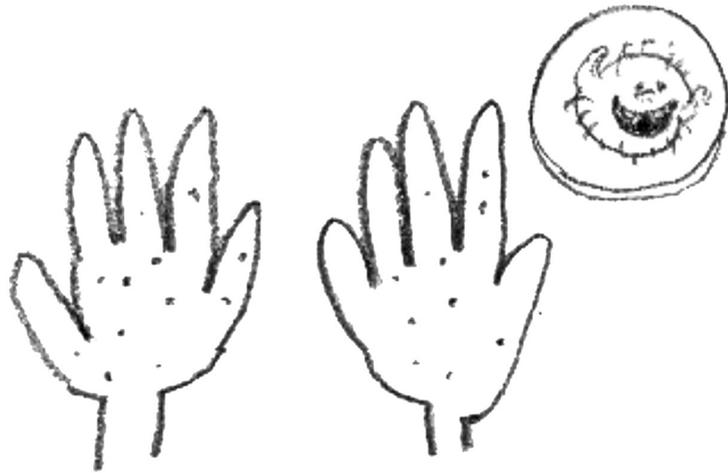


## Water and Sanitation messages for children to learn and share

1. To wash hands properly use water and a little soap. Rub for 10 seconds, rinse and air-dry or dry with a clean cloth/paper, not on dirty clothes.
2. Wash your hands properly before touching the T-zone on your face (eyes, nose and mouth) as this is where germs enter the body. Avoid touching the T-zone when you can.
3. Wash your hands before preparing food, eating or giving food to babies, and after peeing, pooing or cleaning a baby, or helping someone who is ill.
4. Keep your body and clothes fresh and clean. Keep your nails and toes, teeth and ears, face and hair CLEAN. Shoes/flipflops protect against worms.
5. Keep human and animal poo and pee away from flies, which spread germs. Use latrines and afterwards wash your hands.
6. Keep your face fresh and clean. Wash well with a little clean water and soap morning and evening, and if flies buzz near sticky eyes.
7. Don't touch clean, safe water with dirty hands or cups. Keep it safe and free from germs.
8. Sunlight makes water safer. Filter it into a plastic bottles and leave for 6 hours until it's safer to drink.
9. When you can, use the sun to dry and destroy germs on plates and utensils after washing.
10. Kill or reduce flies by keeping the home and community free from rubbish and dirt. Store rubbish safely until it's collected, burned or buried.



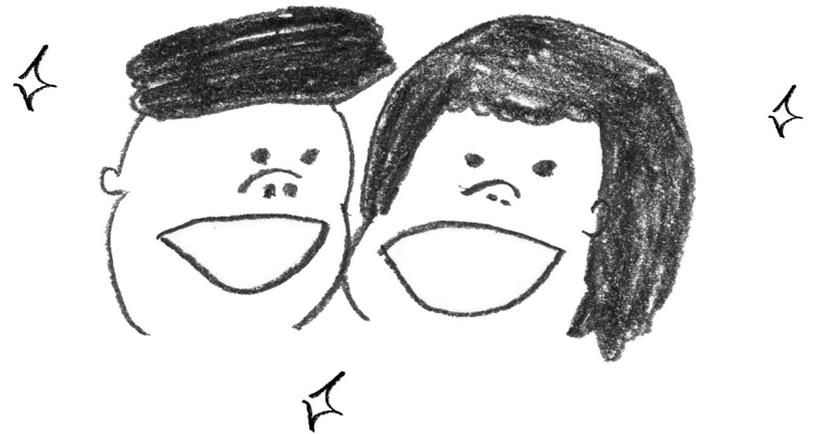
Look there's a big one – right in the middle of your face!



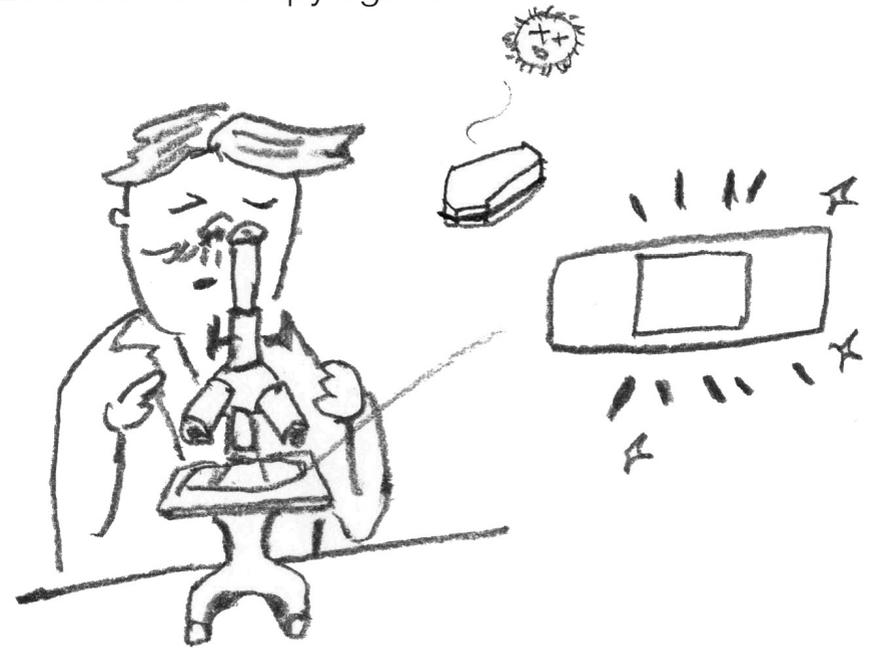
But how is he going to get up there?  
It's very easy. Jumpy is sticky. He grows on the dirt  
and when you touch that he sticks to your hand and  
waits for you to put it near your mouth.



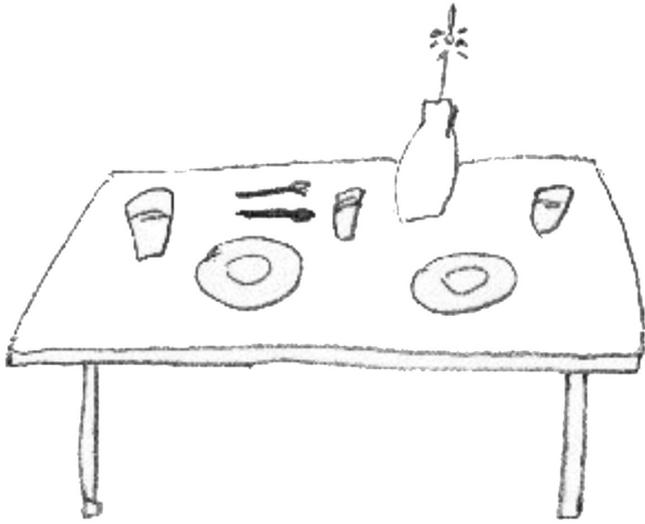
When you put food in your mouth he sticks to that and  
gets inside. Jumpy just loves people who don't wash  
their hands.



You have done them all.  
Good, good, good.  
Let's look for Jumpy again.



No one can see him, and he is not waving at you.  
He is dead.



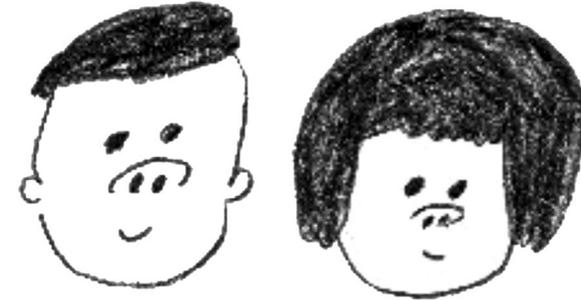
Keep your dishes and tables clean so he can't stick to them.



If you are ill turn away and cough into a cloth so you don't pass him on. Help the other children do these things.



Look – there are two more holes in your face!

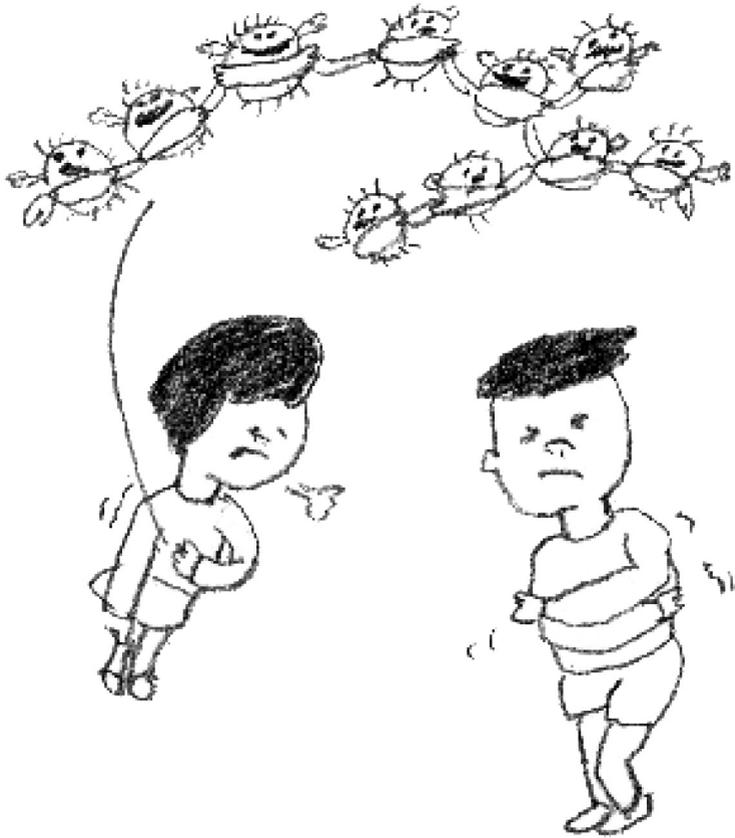


But how can he get into those?  
You don't put food in there!



He gets into someone else and makes them sneeze so he can fly through the air and up your nose. He loves people who sneeze and don't cover it up.

And when he's inside he'll have a party because he doesn't like to be alone. One Jumpy will become Two Jumpies. Two Jumpies will become Four Jumpies. Four Jumpies will become eight, until there are millions of Jumpies inside of you – all doing the same thing. All making poison.



All playing with your body and making it go wrong. All making you sick and ill. He won't care how sick he makes you, or your family, or your friends. The sicker the better.

So stop him!



Keep your hands clean. He won't like that. Wash him off your hands before you eat, with clean water and soap.