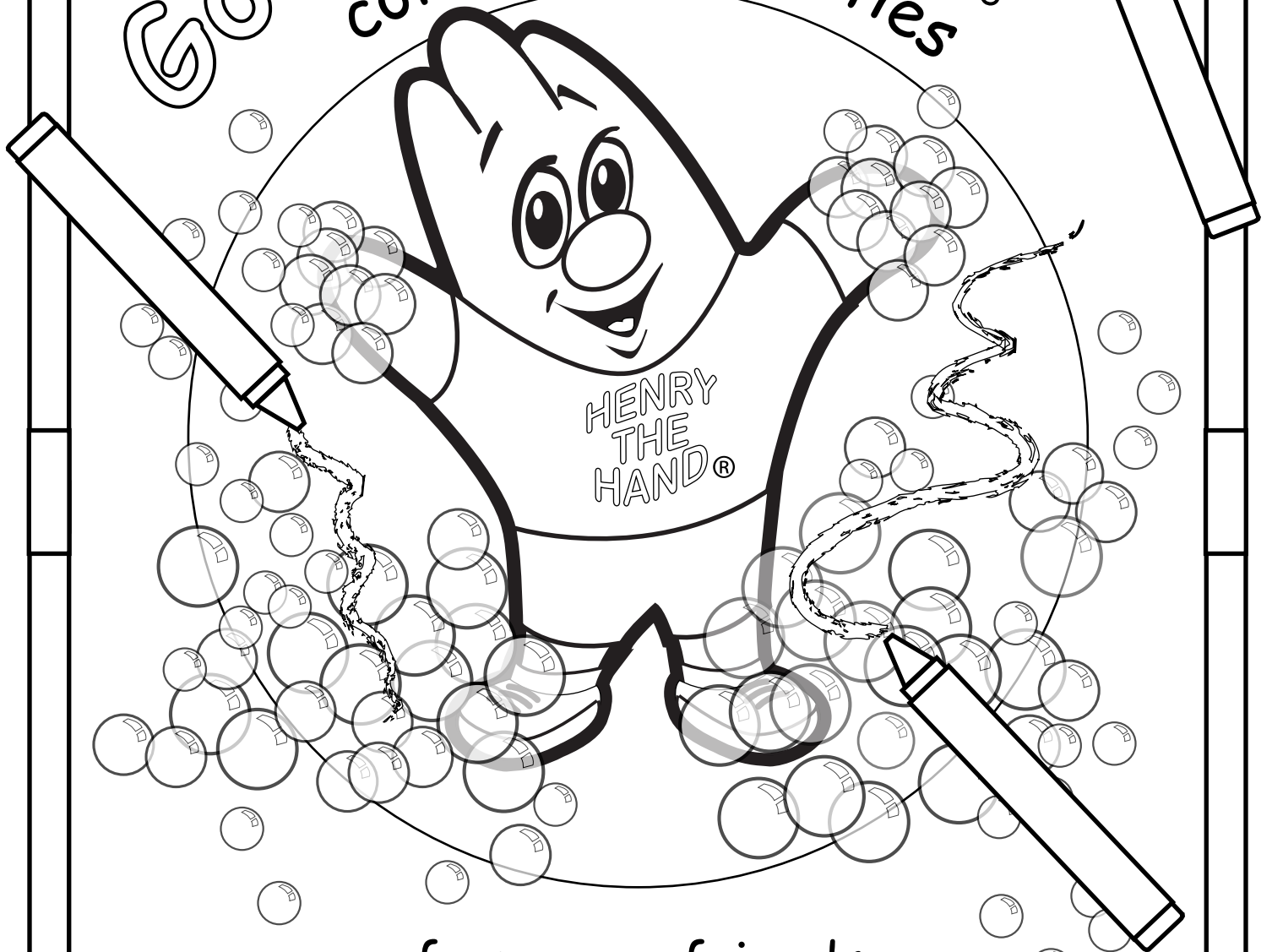


Good, clean fun!
coloring & activities



from your friends
HENRY THE HAND
and Dr. Will

Help keep everyone
healthy!

Spread the word
not the germs!



Henry the Hand's
4 Principles of
Hand Awareness:

1. Wash your hands when they are dirty and **before** eating
2. Do not cough into your hands
3. Do not sneeze into your hands
4. Above all, **do not** put your fingers in your eyes, nose or mouth

© 2008 Dr. William Sawyer
Henry the Hand®

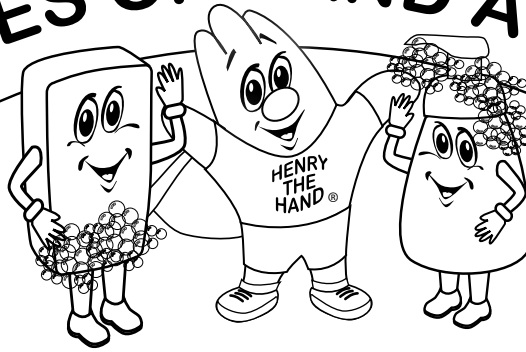
The 4 Principles of Hand Awareness were endorsed by the American Medical Association (<http://www.ama-assn.org/>) and the American Academy of Family Physicians (<http://www.aafp.org/x37651.xml>) in 2001.

from your friends
HENRY THE HAND
and Dr. Will

HENRY THE HAND®

4 PRINCIPLES OF HAND AWARENESS

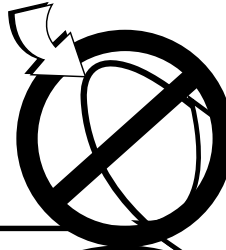
THEY KIDS!



1
WASH YOUR HANDS WHEN THEY ARE DIRTY AND BEFORE EATING!



2
DO NOT COUGH INTO HANDS!



INSTEAD TRY COUGHING HERE!



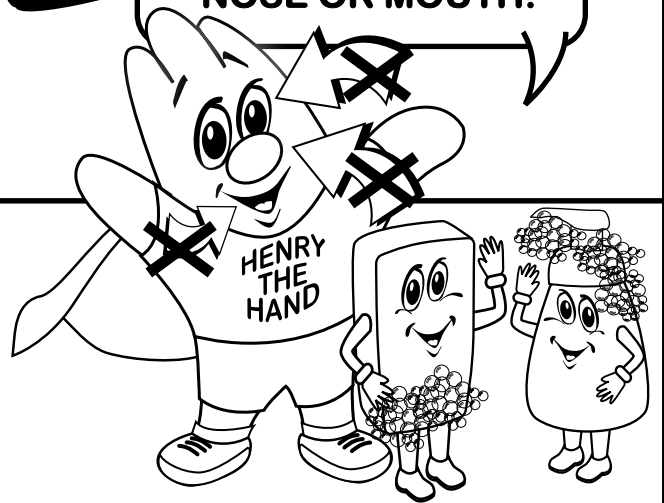
3
DO NOT SNEEZE INTO HANDS!



INSTEAD SNEEZE HERE!



4
ABOVE ALL, DO NOT PUT YOUR FINGERS IN YOUR EYES, NOSE OR MOUTH!

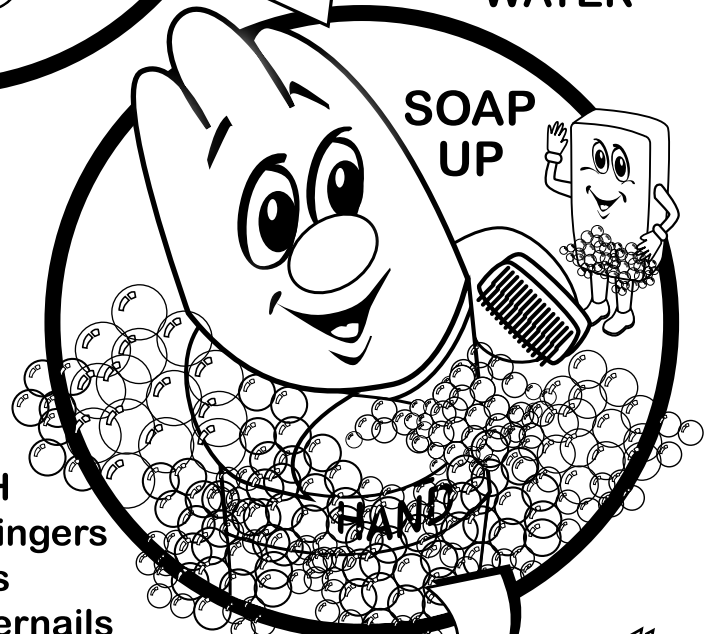


HENRY THE HAND'S HAND WASHING GUIDE

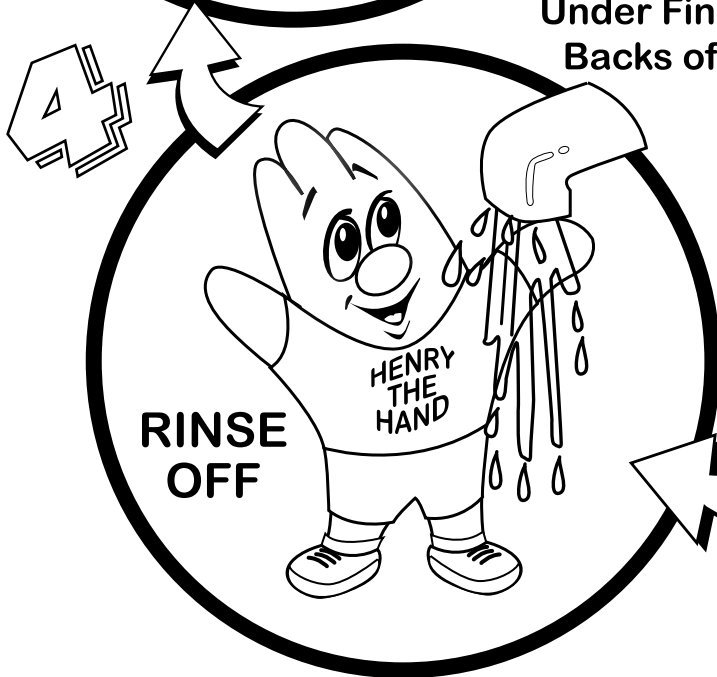


REMEMBER
to turn off the water
USING A
PAPER TOWEL
INSTEAD OF
YOUR HANDS

Use SOAP
and
WARM
WATER



WASH
Between Fingers
Wrists
Under Fingernails
Backs of hands



Do You Have Any Idea What Germs Could be on Your Hands?

Bacteroides

If you don't wash after using the toilet, we can give you an ear infection

E-Coli

(caused by bacteria)
I can be spread by not washing your hands after using the toilet

Staphylococcus

Would you like a big zit or a boil?

Shigella

I cause Diarrhea

Streptococci

I'm delighted to give you a sore throat

Pseudomonas

I can infect wounds

Streptococcus Pneumoniae

Among other things, I love to give you Pneumonia

Haemophilus

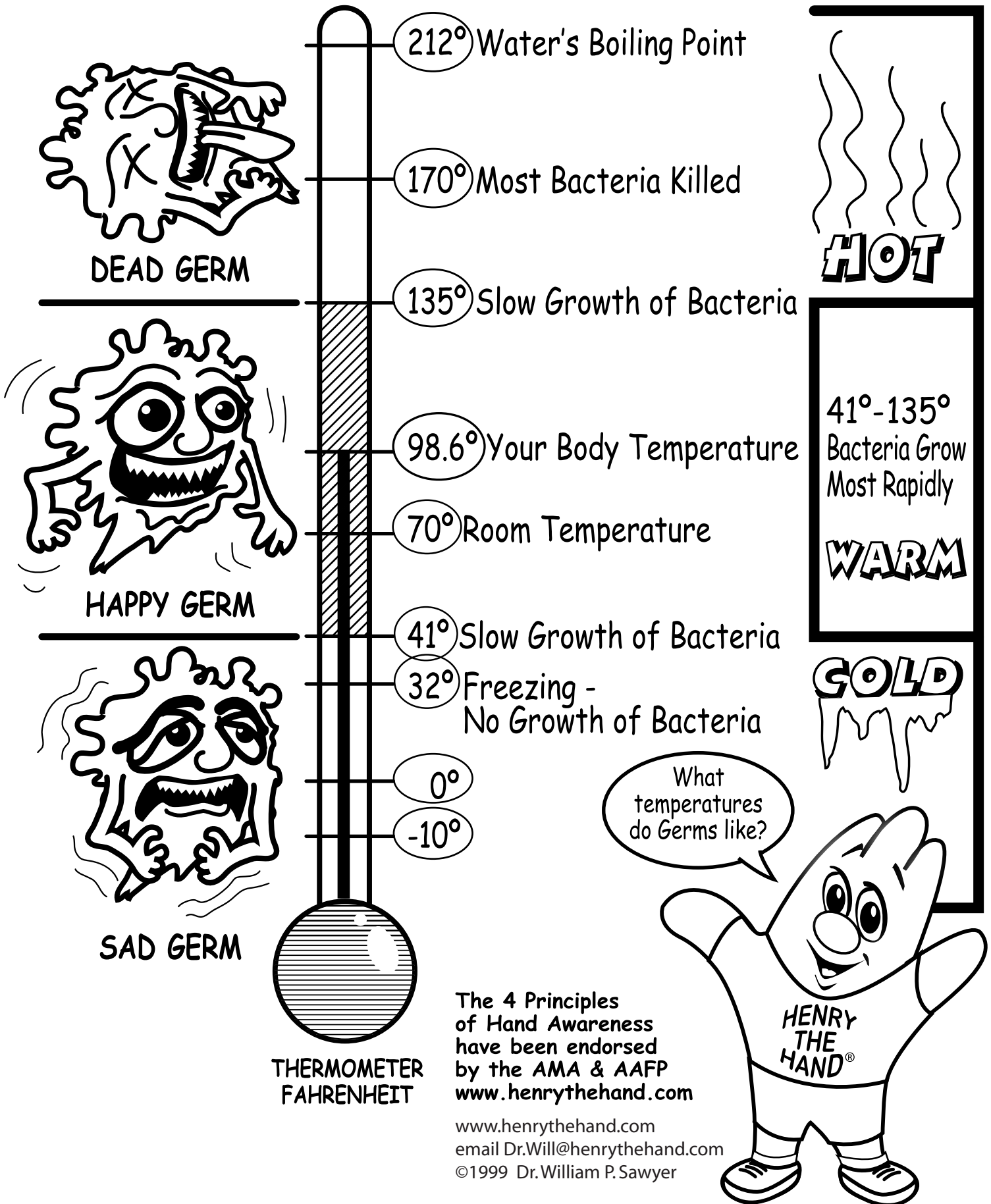
I can cause pinkeye (highly contagious)

Hepatitis A

I can cause jaundice and diarrhea

HENRY
THE
HAND[®]

See How Temperatures Affect the Germs!



The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP www.henrythehand.com

www.henrythehand.com
 email Dr.Will@henrythehand.com
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HEY KIDS!

See how fast germs can multiply and spread if you do not follow Henry's four principles!



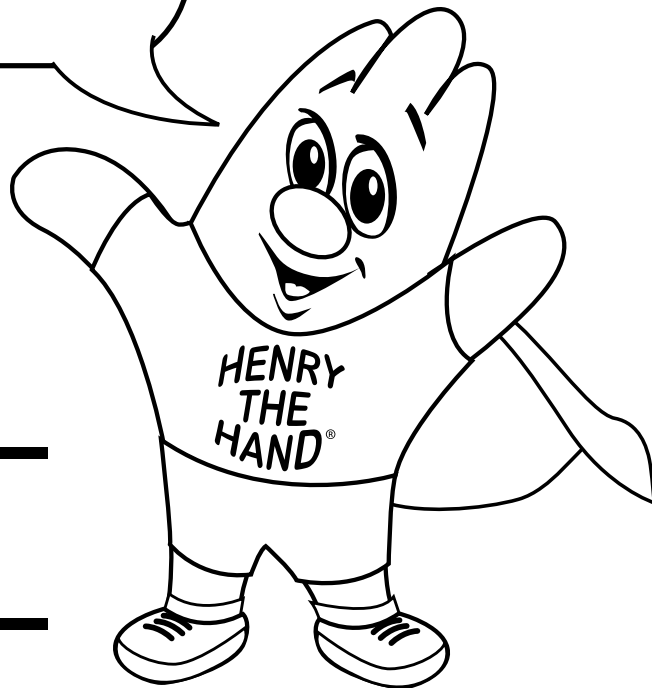
$$1 \times \underline{\quad} = 5$$

$$5 \times 5 = \underline{\quad}$$

$$25 \times 5 = \underline{\quad}$$

$$125 \times 5 = \underline{\quad}$$

$$625 \times 5 = \underline{\quad} ?$$

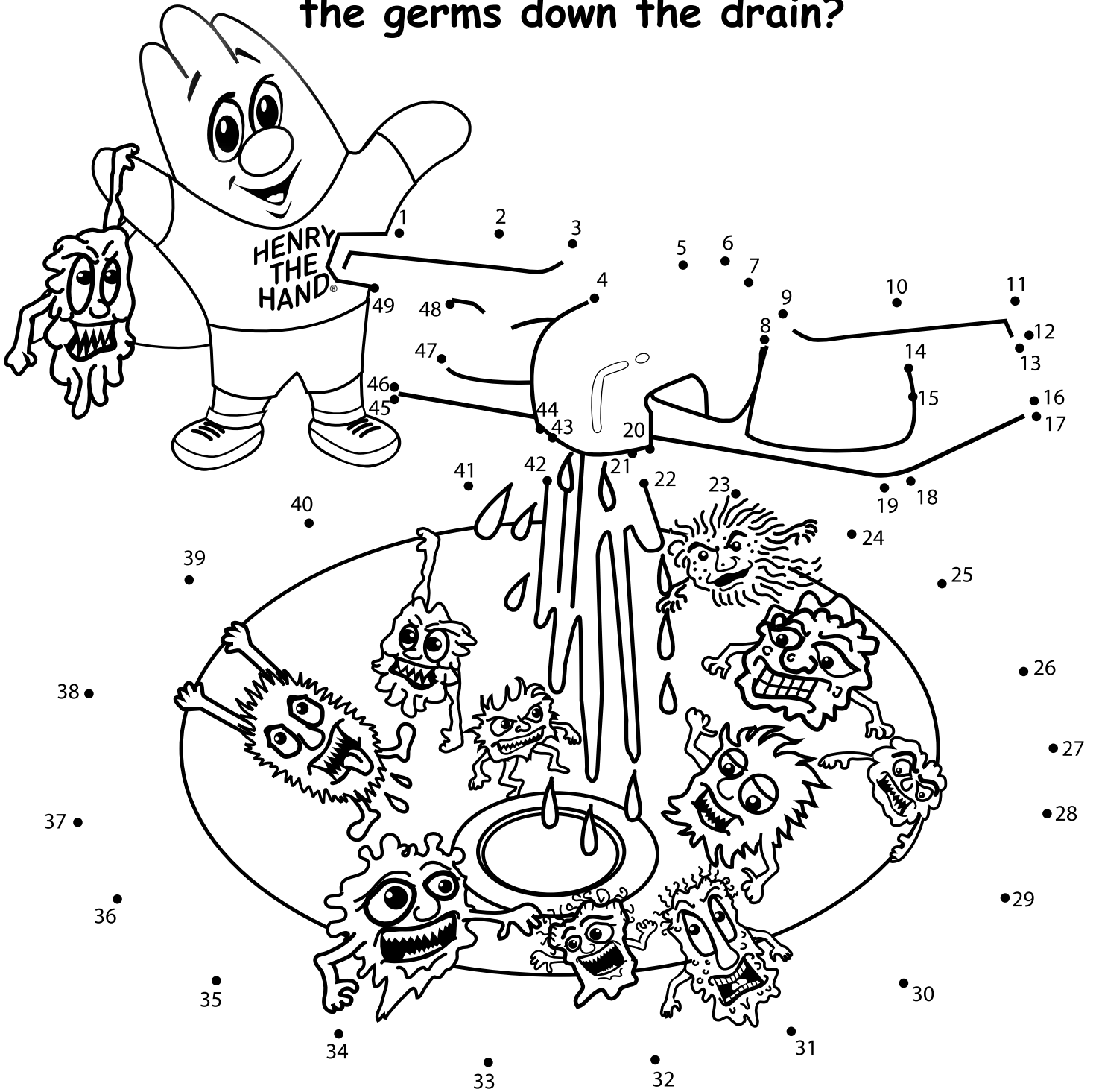


Thank you for helping
"Spread the Word, Not the Germs" !

WASH YOUR HANDS!

HENRY THE HAND® DOT TO DOT

Can you help Henry wash
the germs down the drain?



HENRY'S CROSSWORD PUZZLE!



CLUES

ACROSS

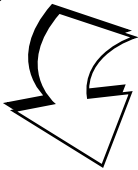
- One of Henry's 4 Principles is to keep your fingers out of your eyes, nose, and _____.
- The germ that causes a common cold is a _____.
- It is very important when washing hands to wash under the _____.
- The best defense against the spread of disease is _____ (two words).
- When washing hands, rub your hands together for at LEAST _____ seconds.
- When washing hands, use _____ water.

DOWN

- _____ is caused by bacteria and can be spread by not washing your hands after using the toilet.
(Hint: See Identifying Germs)
- When washing hands, rub hands together _____.
- The most important time to wash your hands is after using the _____.
- When washing hands, make sure to use lots of _____.
- The germ that causes streptococcus is a _____.

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email Dr.Will@henrythehand.com
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START



CAN YOU FIND THE CORRECT PATH TO BECOME A CHAMPION HANDWASHER?

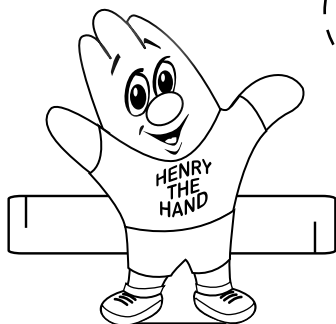
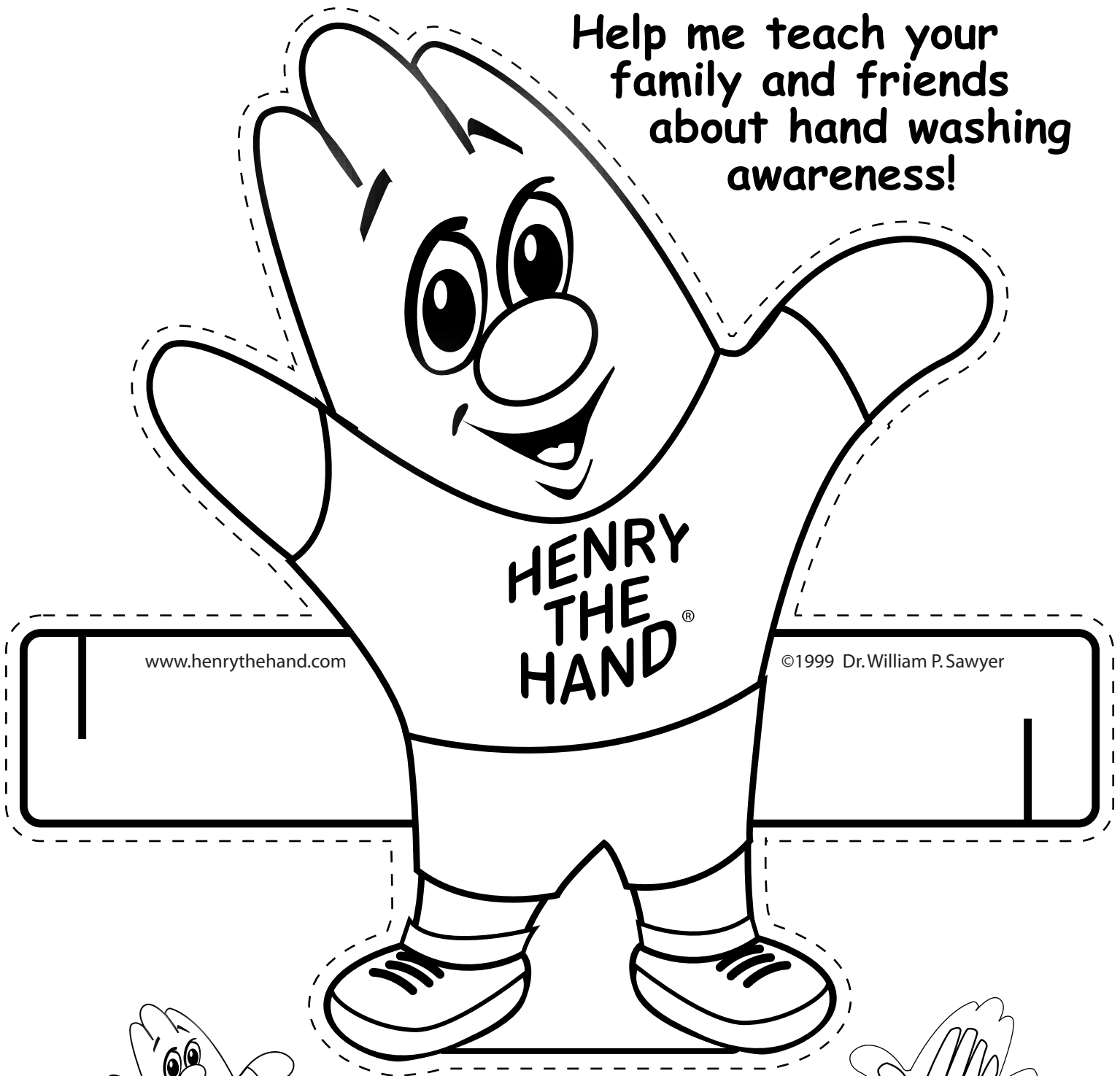


A maze with several paths leading to different scenarios for Henry the Hand:

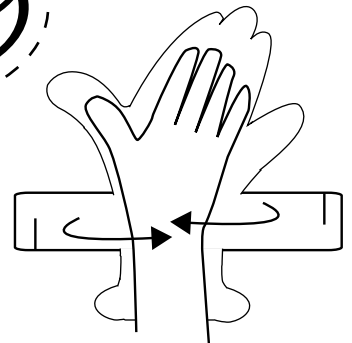
- Top Left:** "DID NOT WASH HANDS" - Henry is shown with dirty hands.
- Top Middle:** "RESTROOMS" with "BOYS" and "GIRLS" doors. Below it: "HENRY STOPPED AT THE BATHROOM".
- Top Right:** "HENRY WASHES HIS HANDS!" - Henry is at a sink with soap suds.
- Middle Left:** "HENRY GOT DIRTY" - Henry is shown with dirt on his hands.
- Middle Right:** "DID NOT USE SOAP" - Henry is shown with a bar of soap but not using it.
- Center:** "CONGRATULATIONS! CHAMPION HANDWASHER!" - A large circular badge with a star and Henry the Hand.
- Bottom Left:** "HENRY WASHES HIS HANDS! WITH SOAP!" - Henry is shown with a bar of soap and suds.
- Bottom Middle:** "DID NOT WASH HANDS" - Henry is shown with dirty hands.
- Bottom Right:** "SNEEZED ON HIS HANDS! OH NO!" - Henry is sneezing with a 'no' symbol over his hands.

HENRY THE HAND[®] PUPPET

Help me teach your
family and friends
about hand washing
awareness!



Cut out Henry and the tabs.
Cut the slots in each end and
wrap the tabs around your hand.



HENRY THE HAND[®] MASK

Cut out
the mask
and see what
the world
looks like
from
Henry's
point of
view!





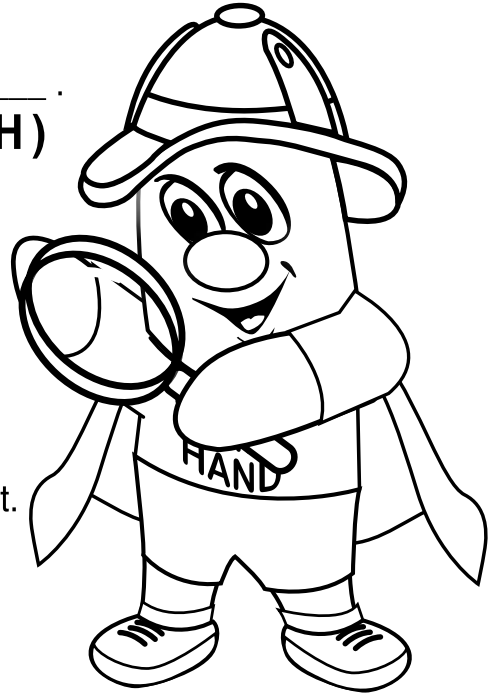
DETECTIVE HENRY'S SECRET CODE GAME

secret code letter

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

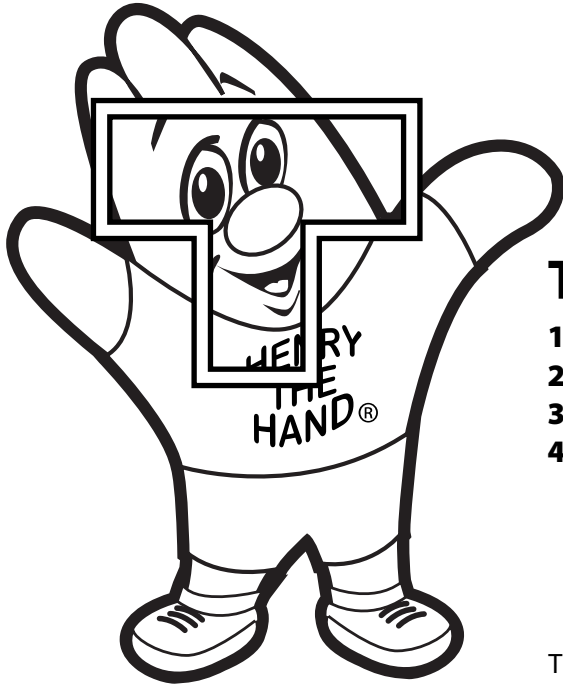
actual letter

- Type of germ that causes a "common cold" is a _____ .
(ERIFH)
- Wash your hands for at least _____ seconds.
(GDVMGB)
- When washing your hands use _____ water.
(DZIN)
- You must always wash your hands _____ you eat.
(YVULIV)
- Germs can be spread at least _____ different ways
(ULFI)
- Most important part of hands to wash is under _____ .
(URMTVIMZROH)
- When washing your hands, rub together _____ .
(ERTLILFHOB)
- The best protection against infectious disease is _____ .
(SZMWDZHSRMT)
- The type of germ that causes strep throat is _____ .
(YZXGVIRZ)
- The most important time to wash your hands is after using the _____ .
(GLROVG)



Do NOT touch the T-zone!

mucous membranes of your eyes, nose or mouth



The 4 Principles of Hand Awareness

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose or mouth!

Spread the word not the germs!

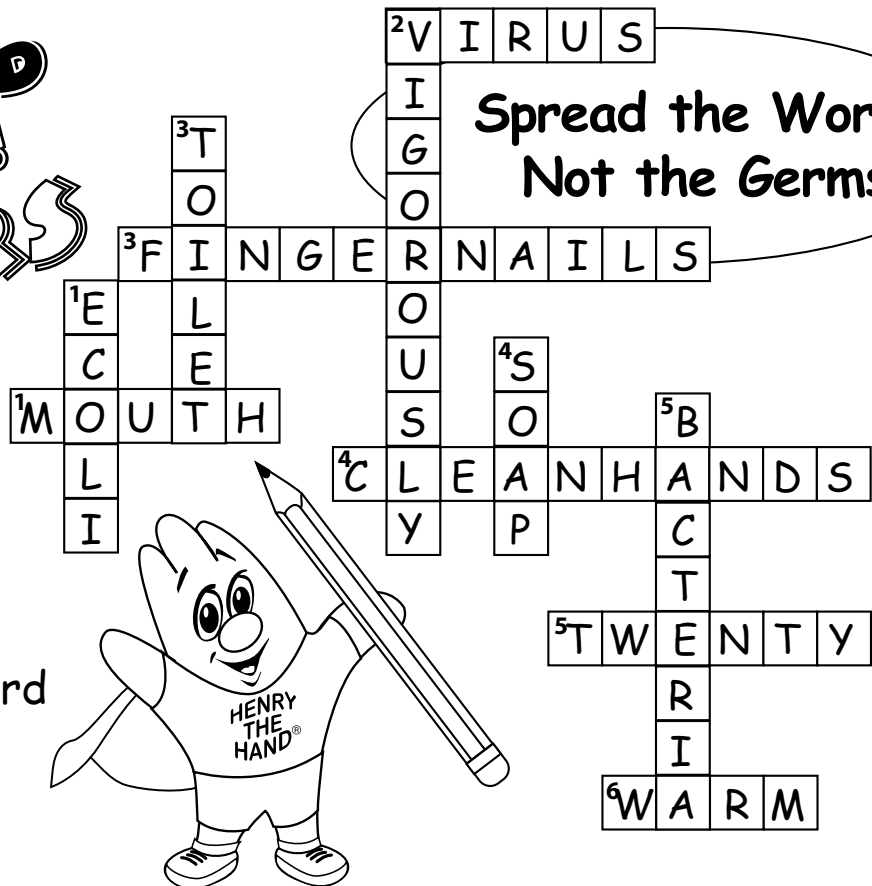
Visit www.henrythehand.com

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP

HENRY'S CROSSWORD PUZZLE! ANSWERS

Check here for the correct answers.

Did you solve Henry's crossword puzzle?



HENRY THE HAND®

CHAMPION HANDWASHER MEDALLIONS



You can share these Henry the Hand
Champion Handwasher Medallions
with your family and friends!

Henry the Hand's Weekly Home Hand Washing Chart



YOU CAN SHARE WITH YOUR FAMILY & FRIENDS
SO THEY CAN BECOME

Champion Hand Washers!

www.henrythehand.com

Name: _____

Week of: _____

BEFORE
BREAKFAST

BEFORE
LUNCH

BEFORE
DINNER

AFTER
RESTROOM

ARRIVAL
HOME

	BEFORE BREAKFAST	BEFORE LUNCH	BEFORE DINNER	AFTER RESTROOM	ARRIVAL HOME
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					