

JACK AND THE BIG GERM!





Government of **Western Australia**
WA Country Health Service

This storybook has been developed by WA Country Health Service Pilbara Health Promotion Officers to educate students about hygiene practices to stay healthy and strong.

The aim of this storybook is to increase students' knowledge about:

- what germs are,
- how germs can get into our body,
- the importance of healthy hygiene habits.

Thank you to all the schools, organisations, and individuals who provided feedback on this project.

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After school one day, Jack and his cousin, Clinton, were kicking the footy outside.



“ACHOOOO!” Clinton sneezed on the footy. Now it was covered in green snot.



That night, Jack and Clinton went to sleep. Jack heard a noise, "Squeak! Squeak!"

Jack saw something on his hand. He hid under his blanket. "It's Nanna. Do not be scared Jack."

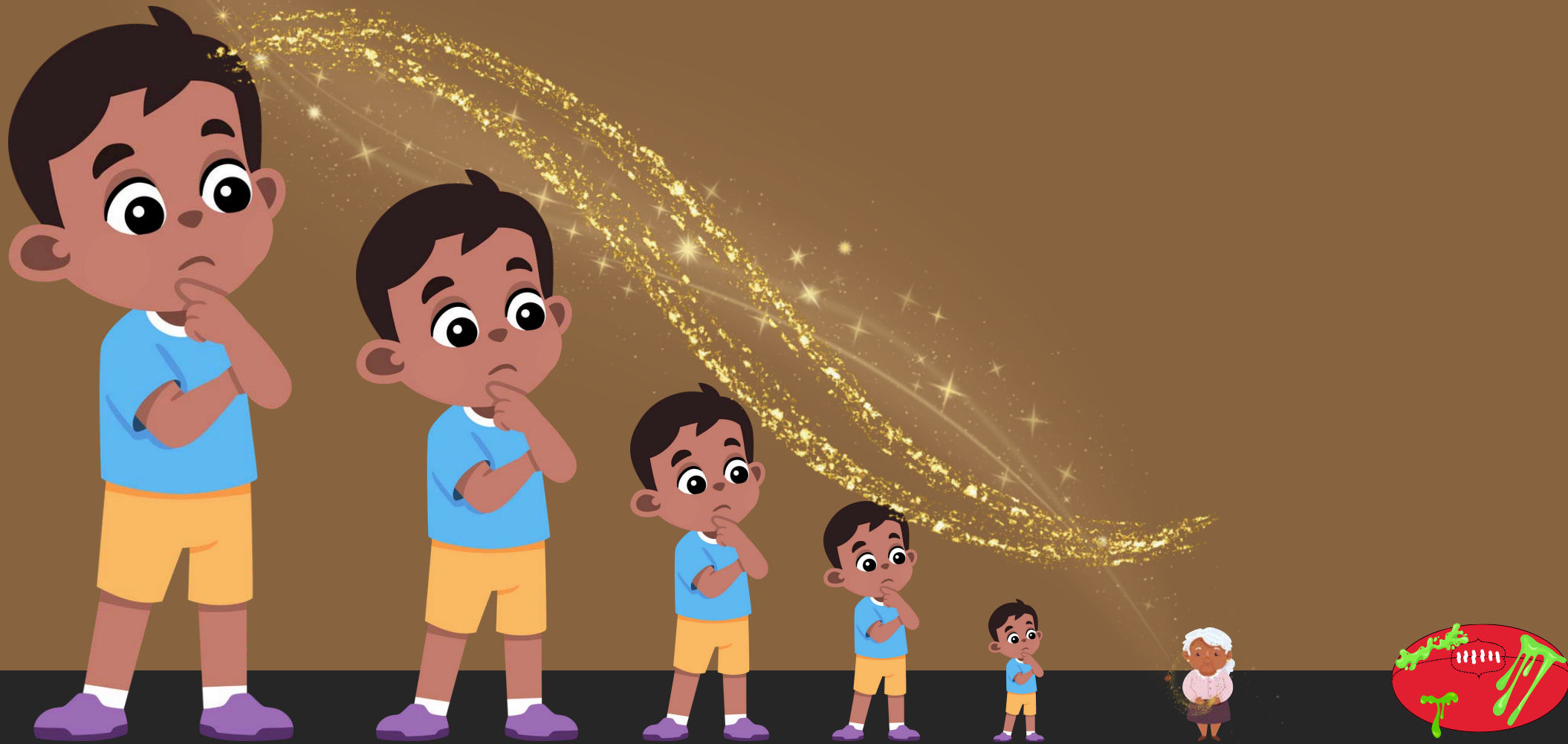


"Why are you here Nanna?" asked Jack.

"I'm here to teach you how to stop germs," said Nanna.

Jack asked, "What is a germ Nanna?"

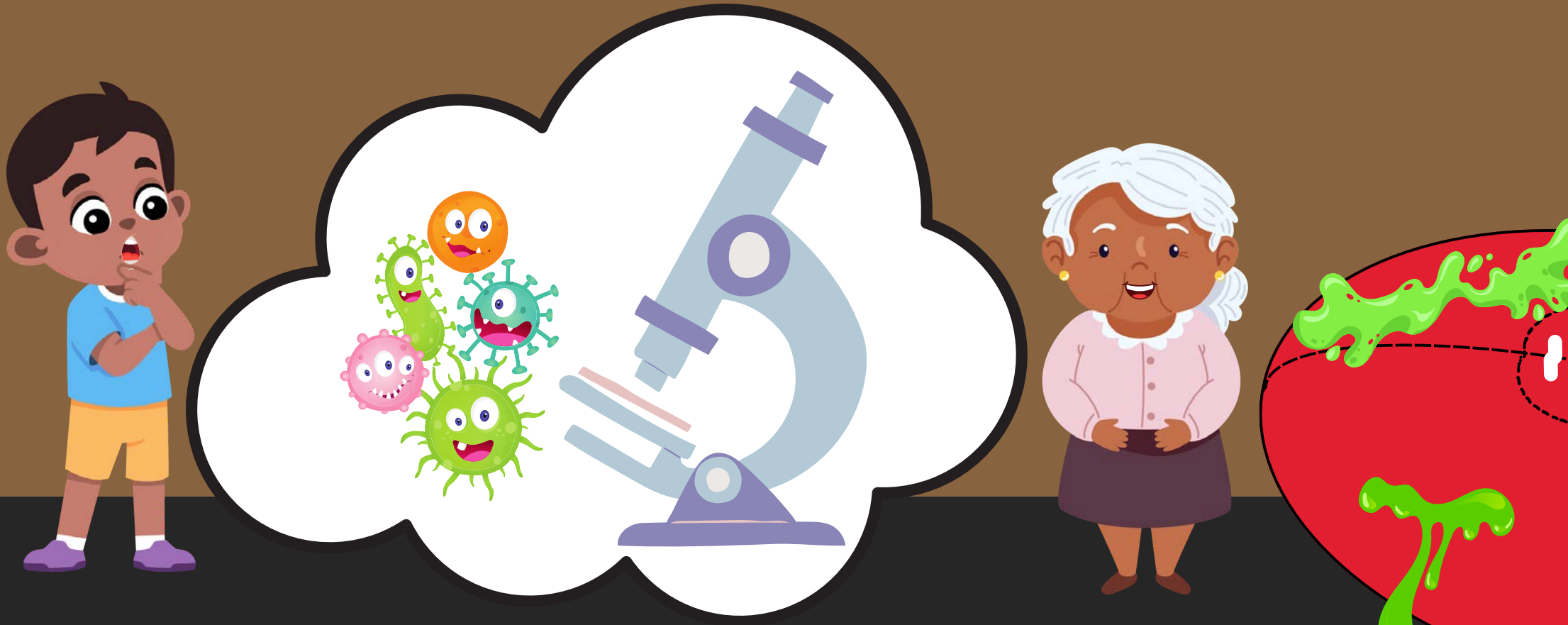
"A germ is something that gets inside your body and makes you sick. You need to be tiny to see them. Let me show you," said Nanna.



Nanna sprinkled her magical glitter over Jack's body. Jack started to get smaller and smaller and smaller.

“Wow, everything is so big Nanna!” said Jack.

“Germs are tiny. You need a special microscope to see them. Now that you are tiny, you will be able to see them too,” said Nanna.



Jack asked Nanna, “Can you make Clinton small too?”

Nanna replied, “I can’t, Clinton is sick. Can you see the green snot he left on the footy today and did not clean? We should go check on Clinton.”

“CLINTON! What is that stuff on his face and nose?” Jack asked Nanna.

“They are germs,” said Nanna.



Suddenly, Nanna saw the biggest, meanest germ of them all.
“The Big Germ makes you sick if you do not keep clean and strong.
Let’s follow him to see his tricks,” said Nanna.



The Big Germ was leaving green, sticky footprints on Clinton's face. "Clinton needs to wash his hands and face with soap and water to clean snot and yucky eyes. This will get rid of the germs to keep him strong," Nanna said.



Clinton coughed and blew small germs towards Jack and Nanna. The Big Germ and his friends were jumping all over Clinton's mouth, leaving more germs and a bad smell.



Nanna said to Jack, "Clinton has bad breath. He has not been brushing his teeth with toothpaste every morning and night. Now the germs are getting inside Clinton's body through his mouth."

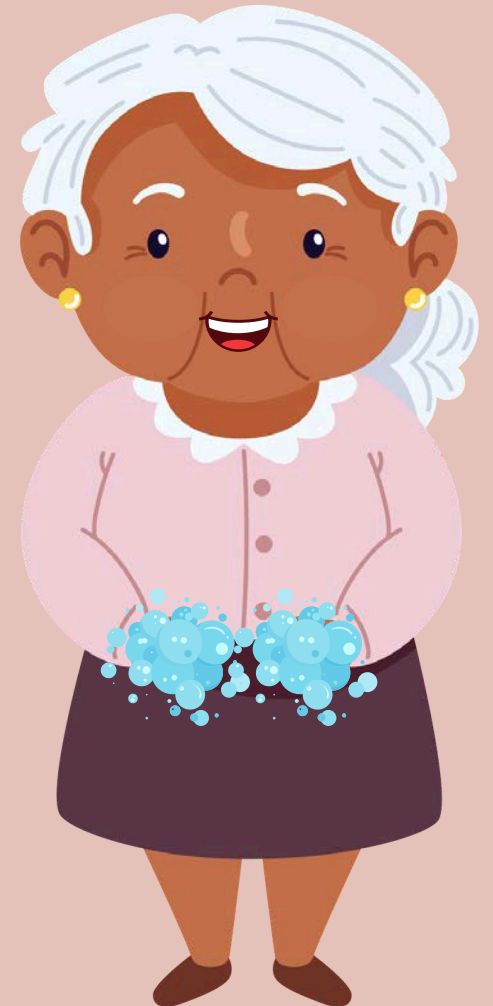
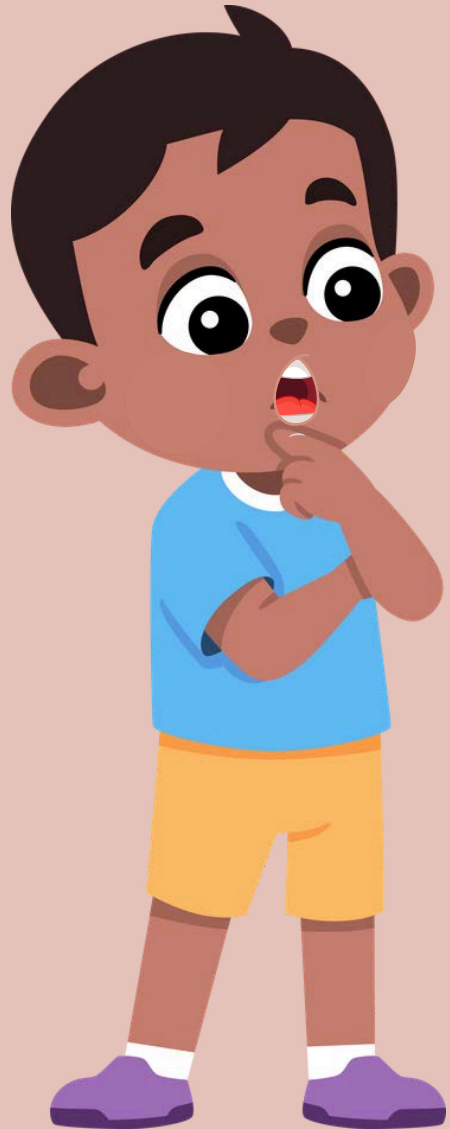
The Big Germ climbed out of Clinton's mouth and ran down his arm to an open sore. "Oh no!" Jack said.

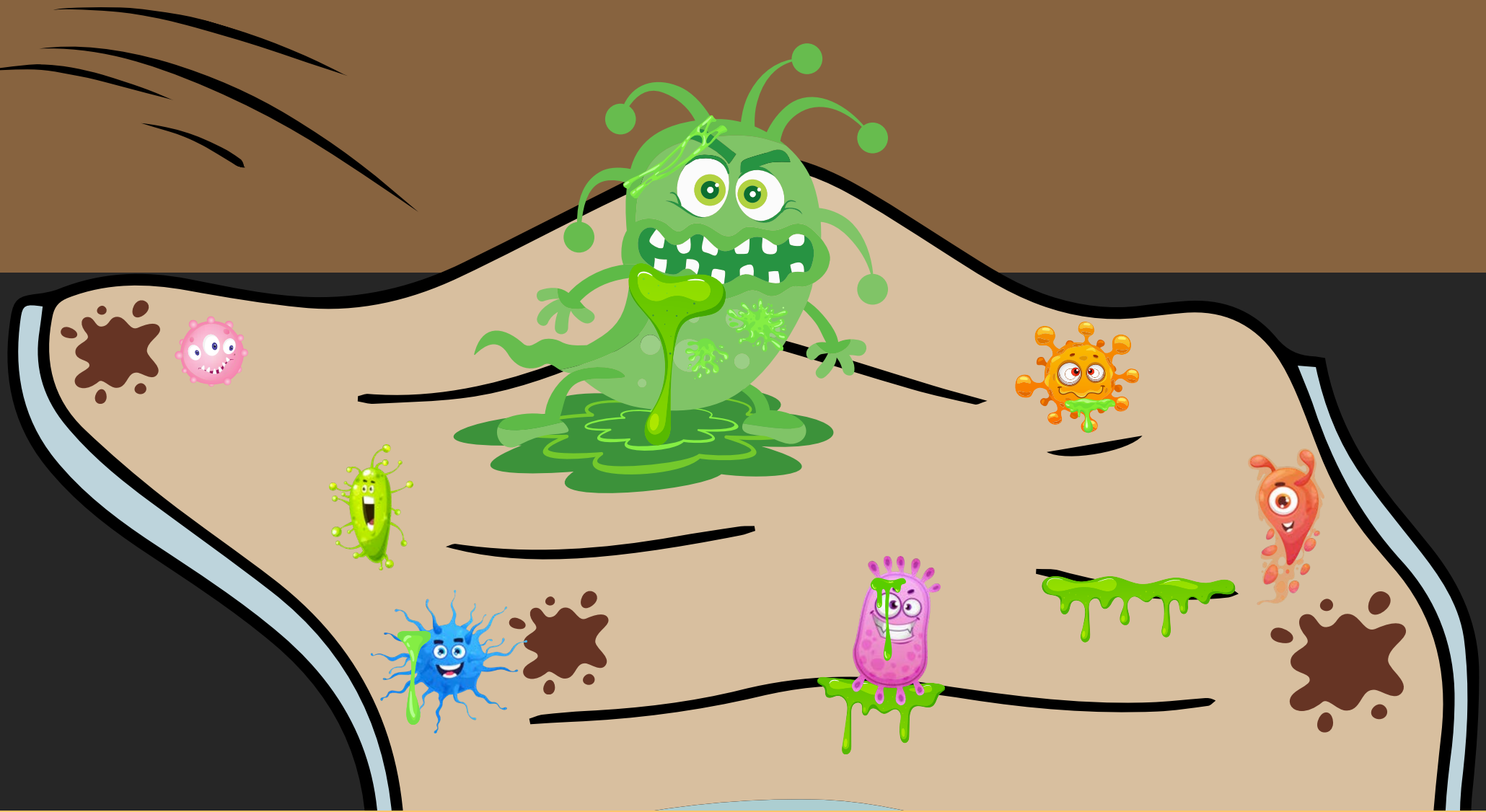


"Germs can hide in your sores and make you sick. Clinton needs to cover his sores and keep them clean to stop germs from getting inside his body. Clinton should also get his sores checked at the clinic," said Nanna.

“How do you keep sores clean Nanna?” asked Jack.

“Having a shower with soap every day will keep your sores clean and the germs away,” said Nanna.





Suddenly, the Big Germ jumped off Clinton's arm onto a towel on the floor. Jack asked, "Nanna, why is the Big Germ on the towel Clinton and I use?" "When you share a towel, Clinton's germs can get into your body from his sores and make you sick. Your germs can also get into Clinton and make him sick," said Nanna.

“Ah, ah, AH, ACHOOOOO!” Clinton’s body shook.

Jack and Nanna fell off Clinton’s body onto something white, green and sticky on the ground. The Big Germ and his friends were pointing at Jack and Nanna, laughing and cheering at what they had landed in.

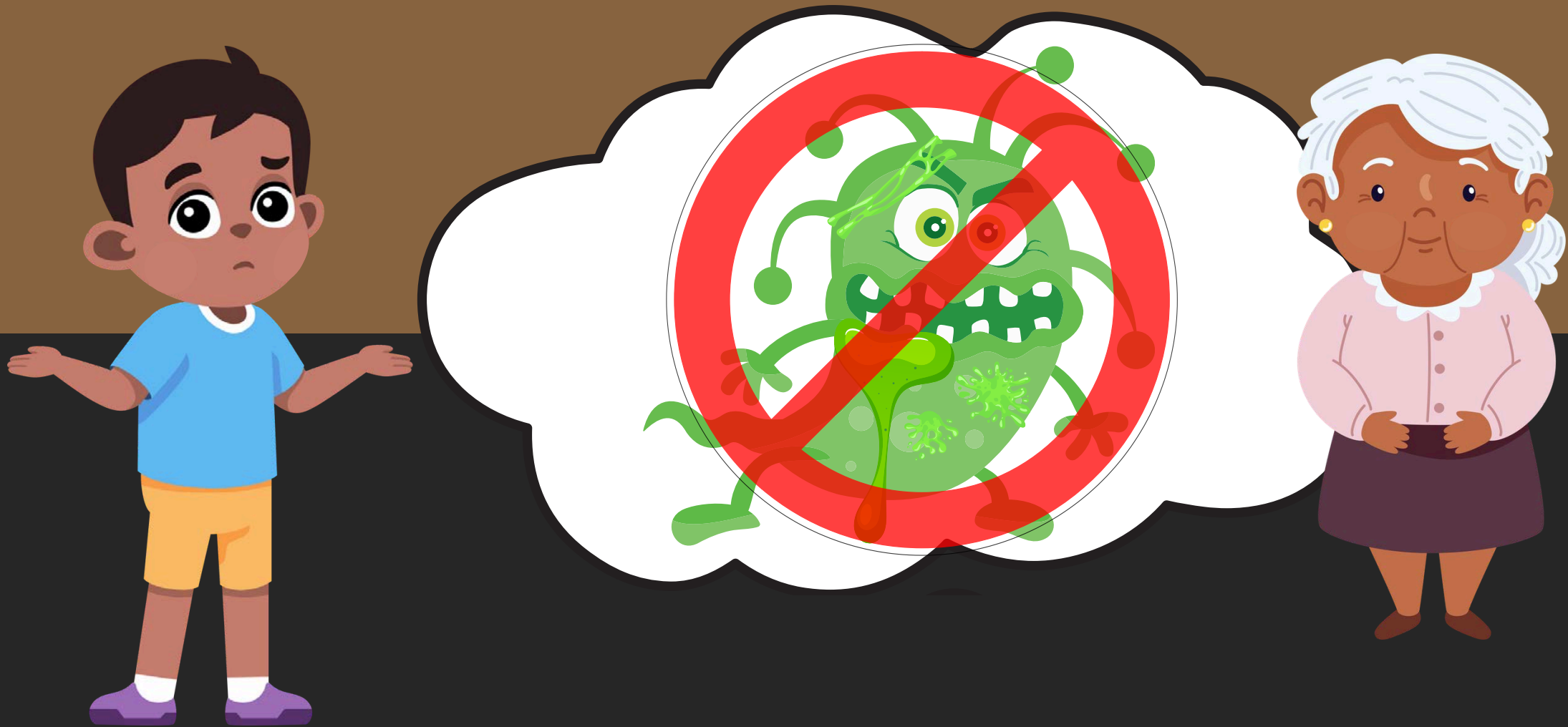


“What was that Nanna, and what are we sitting in?” asked Jack.
“Clinton sneezed! We have fallen into one of his snotty tissues. It is important to use a tissue to blow all the snot out of your nose, but the snotty tissue needs to go in the bin so the germs cannot escape,” said Nanna.

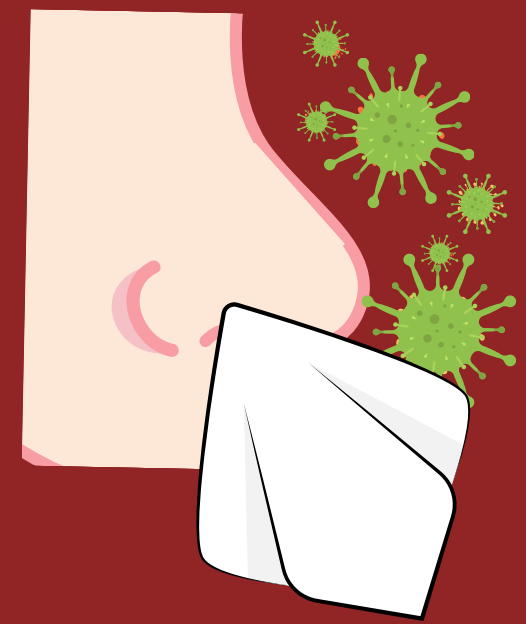


“I need to stop the Big Germ making Clinton sick, but how?” Jack asked.

“Remember where the Big Germ went and what you now know,” Nanna replied.



Use a tissue to blow all the snot out of your nose.



Wash your hands and face with soap and water to clean snot and yucky eyes.

Brush your teeth with toothpaste every morning and every night.



Have a shower with soap every day.

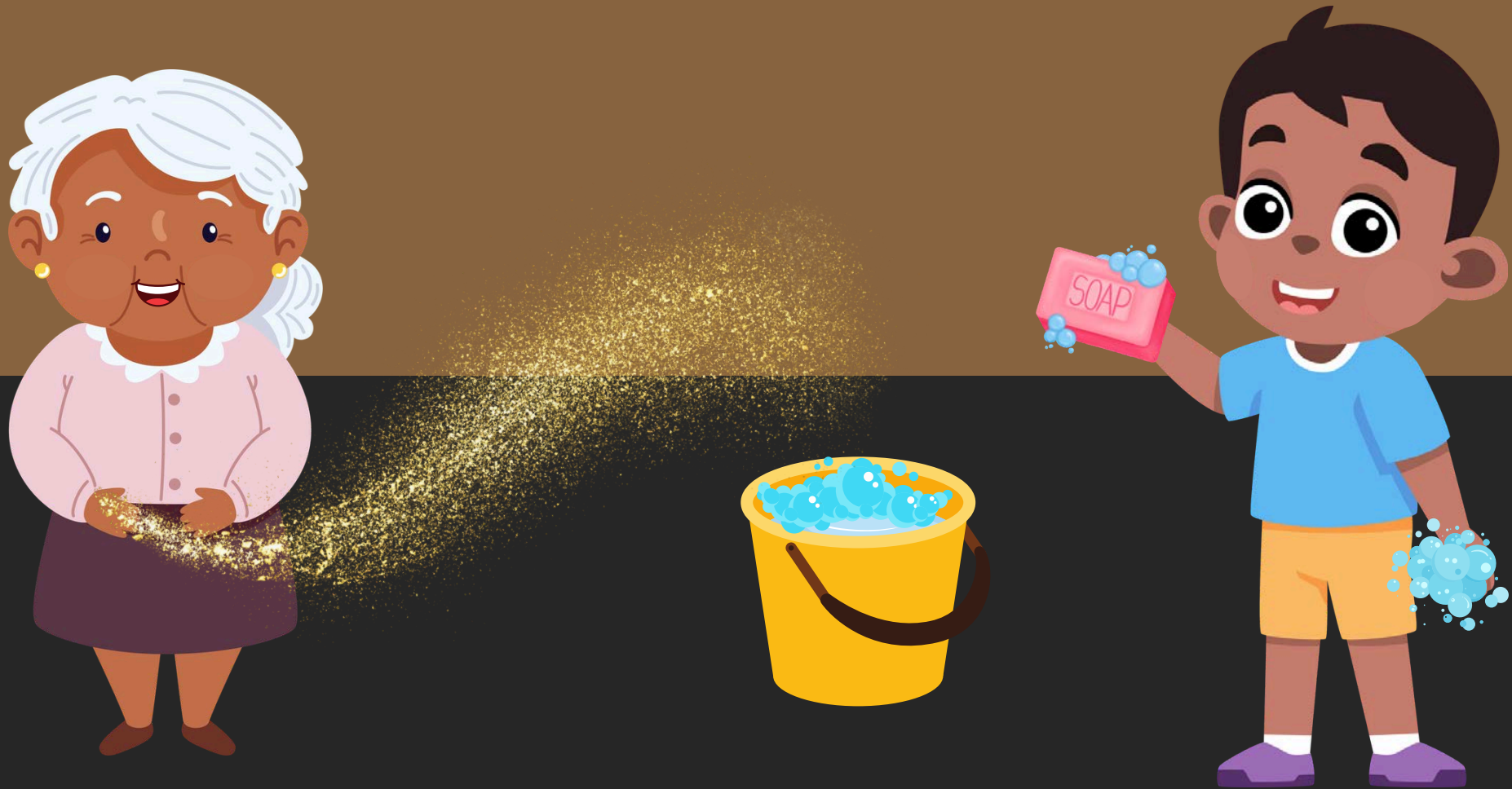


Use clean towels and do not share them.

Cover your sores with band aids, keep them clean and get them checked at the clinic.



“Nanna, I know what I can do! I need some soap and water,” Jack said. “I can help you with that Jack,” Nanna said. With a clap and some more of her magical glitter, a bucket of water and a soap bar appeared.



Jack rubbed the soap bar on his hands and used the water in the bucket to help make lots and lots of soapy bubbles. “Oh, Big Germ, where are you?” Jack yelled across the room.

The Big Germ popped his head out of a pile of snotty tissues. He could see Jack's soapy hands. The Big Germ started to run away so he could keep making Clinton sick, but Jack was too quick.

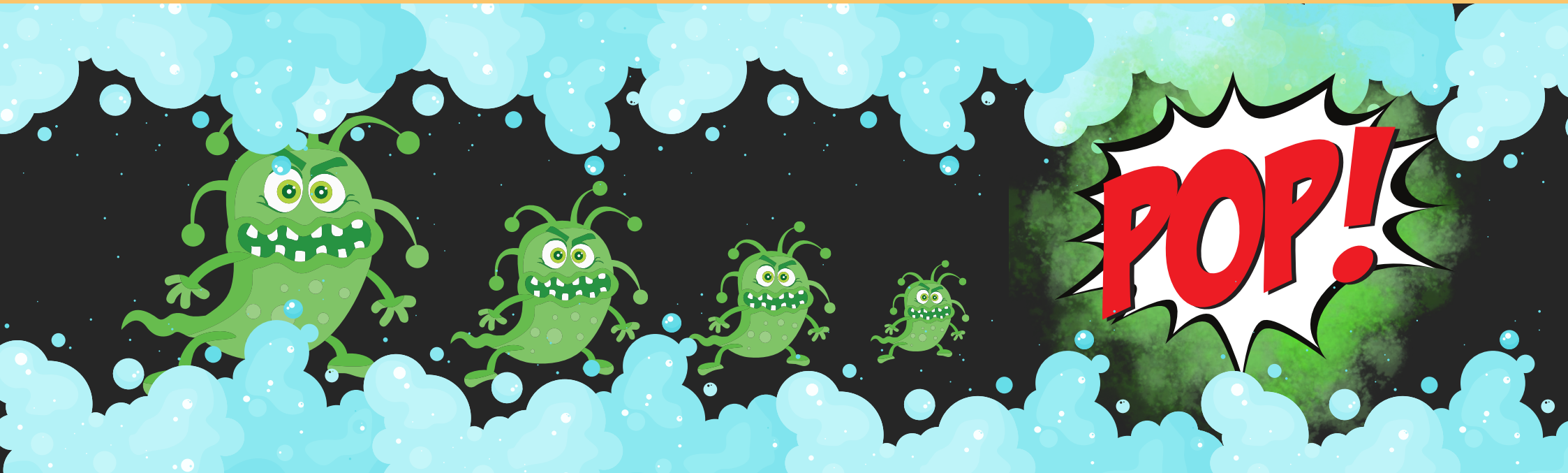


Jack started to cover the Big Germ in soapy bubbles.



“NOOOOOOOOOOOO!”

The Big Germ started getting smaller and smaller and smaller. With a pop and a flop, the Big Germ was gone.



“You did it, Jack! The Big Germ is gone,” said Nanna. Jack and Nanna cheered.



The morning sun began to shine through Jack and Clinton’s bedroom window. “Time for you to become big again Jack,” said Nanna. With her magical glitter, Jack was big again and back in his bed. Nanna was gone.

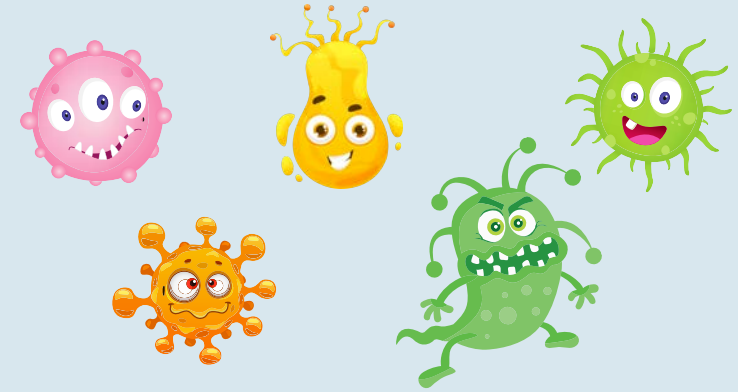
That morning, Jack jumped out of bed and remembered his dream with Nanna.

He ran over to Clinton and said, "Wake up Clinton! We need to clean the footy to make sure the Big Germ does not return and make us sick with his tricks."

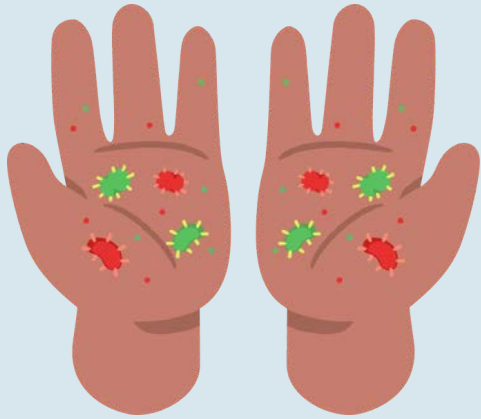


Do you remember what a germ is?

Germs are tiny living things that can get inside your body and can make you sick. They are so small that we cannot see them with our eyes.



Where can you find germs? Some potential answers are below.

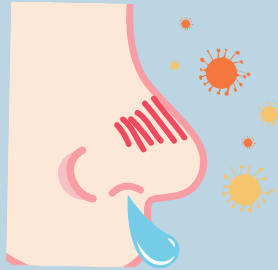


Everywhere!



Can you name the six hygiene messages in the story?

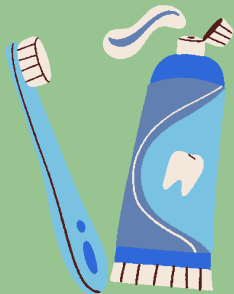
Use a tissue to blow all the snot out of your nose.



Wash your hands and face with soap and water to clean snot and yucky eyes.



Brush your teeth with toothpaste every morning and every night.



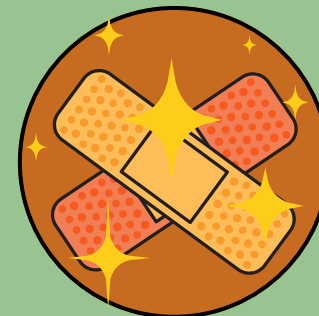
Have a shower with soap every day.



Use clean towels and do not share them.



Cover your sores with band aids, keep them clean and get them checked at the clinic.





Jack and Clinton are cousins who love to play and learn.



When the boys go to sleep one night, Nanna appears to Jack in his dream. With help from Nanna and her magical glitter, Jack follows the Big Germ to learn why Clinton is sick.

Come along with Jack and Nanna to see how germs can make us sick and what we can do to stop them!

