

SCIENCE · GRADES 2–3

Germs

Tiny things, big effects

What's a germ?

A 'germ' is a tiny living thing — usually a bacterium or a virus — small enough that you'd need a microscope to see one. Some germs are HARMLESS (your stomach is full of helpful ones), but others can make you sick. They get into your body through your eyes, nose, mouth, or cuts in your skin.

Four ways germs spread

Way	Example	How to stop it
Touch	Touching a sick person, then your face	Wash hands often
Air	Coughs and sneezes	Cover your mouth
Surfaces	Door handles, shopping carts	Don't touch your face
Food/water	Unwashed fruit, dirty water	Wash food, drink clean water

Wash your hands every time you...

- Get home from school
- Sneeze or cough
- Are about to eat
- Visit someone in hospital
- Use the bathroom
- Stroke an animal
- Touch something dirty
- Have a cold or feel ill

