

GERMS SOME FACTS!

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WHAT IS A GERM? A germ is a tiny, tiny living thing which you cannot see without a microscope. Some are good, like the germs that turn milk into curd. And some are bad, like the diarrhoea germs.

HOW SMALL ARE GERMS? Germs are so small that they can sneak in into your body without you noticing it. They are much much thinner than your hair. You will need a microscope to see germs.

TYPES OF GERMS: There are different types of germs: Bacteria like E Coli gives you stomach upset. Others give you measles, flu, cold and cough. Fungi gives you skin rashes or itching under your armpit or between your toes. Protozoa love water and enter your stomach and give you tummy ache, loose motions.

WHY ARE GERMS BAD: Not all germs are bad. Those that are, can invade (get into) people, animals or plants and make them sick. Sometimes very very sick. They stay inside you and eat up all your food. So you feel tired all the time.

BUT THERE'S A GOOD ARMY IN YOUR BODY! It is always trying to fight the bad germs and when they are fighting, it shows up on you as fever. When you are healthy, your good army wins! GermAsura's army loses. But if you do not eat right. or do not exercise, or don't sleep well at nights, you allow GermAsura to win!

HOW MANY GERMS ARE THERE? No one knows. Scientists say there could be **5,000,000,000,000,000,000,000,000,000** [did you count the 30 zeroes?] Or 500 crore crore crore crore germs!! Can you imagine what a big army GermAsura has.

THERE ARE SIMPLE WAYS TO PROTECT OURSELVES.

- Handwashing with water and soap: Before and after a meal, after going to the toilet, after you have been out to play or work.
- Covering your nose and mouth when sneezing; or coughing
- Don't defecate in the open.
- Ensure that no one in your community defecates in the open..
- Keep your toilet clean.
- Keep your drinking water clean.
- Have a regular bath
- Wash your feet when you come from outside.

But you have to make these **A REGULAR HABIT!** And ensure that all your friends and family also make all these tips a **HABIT.**

ALWAYS REMEMBER GermAsura Army is ever ready to pounce upon you. Do not leave any chink in your armour.



“The members of our village panchayat often ask me and my friends what we should do to make our village better. They listen to us! They help us!”

**WE CHILDREN CAN DO ANYTHING
IF WE GET TOGETHER!**

GET INSPIRED

payal jangid

Payal is 14 years old. She lives in a village in Rajasthan. Many people are very poor in her village. Girls get married very early.

THE LEADER!

Payal is the leader of the Child Parliament in her village. She fights for girls. She wants girls to go to school.

She wants every girl to read well!
To do well in school!

She says, “Girls should make their villages proud. We can!”

THE ACTIVIST!

She and her school friends work with the adult leaders of the village. They want to make their village a nice place for kids!

Payal was selected as member of the World's Children's Prize Child Jury, worldschildrensprize.org. Photo: Kim Naylor/WCPF

TA-DAA! ACTIVITIES

THINK! ASK
QUESTIONS!
DISCUSS! ACT!

1

DEVELOP A PLAN

LIST all things that you want to do to make your town a clean happy place! Make a time table.

3

With your SUPERGIRL friends, take a **VOTE!**

5

Make an action plan.

On a paper, put down when you will do what.

2

Talk to parents, your elder brother or sister.

4

Talk to the elders in your family. Your first win is when they tell you, "**Shabaash! How can we help?**"

6

Remember, what you plan must be completed within the time you set. You can do a lot of things to make everyone in your town understand what you, the SUPERGIRLS, want for your town!

7

Do a household survey on sanitation habits. How many people use the toilet at home?

8

Analyse the data from the survey. What percentage of households use the toilet.

9

If more than 70% of households are using the toilet at home, **CELEBRATE** the **SUCCESS.**

10

For any problem in the village needing support from government write a petition to the BDO. Or, start a Letter Campaign where every home signs a letter that you send to the Collector.

CELEBRATE!