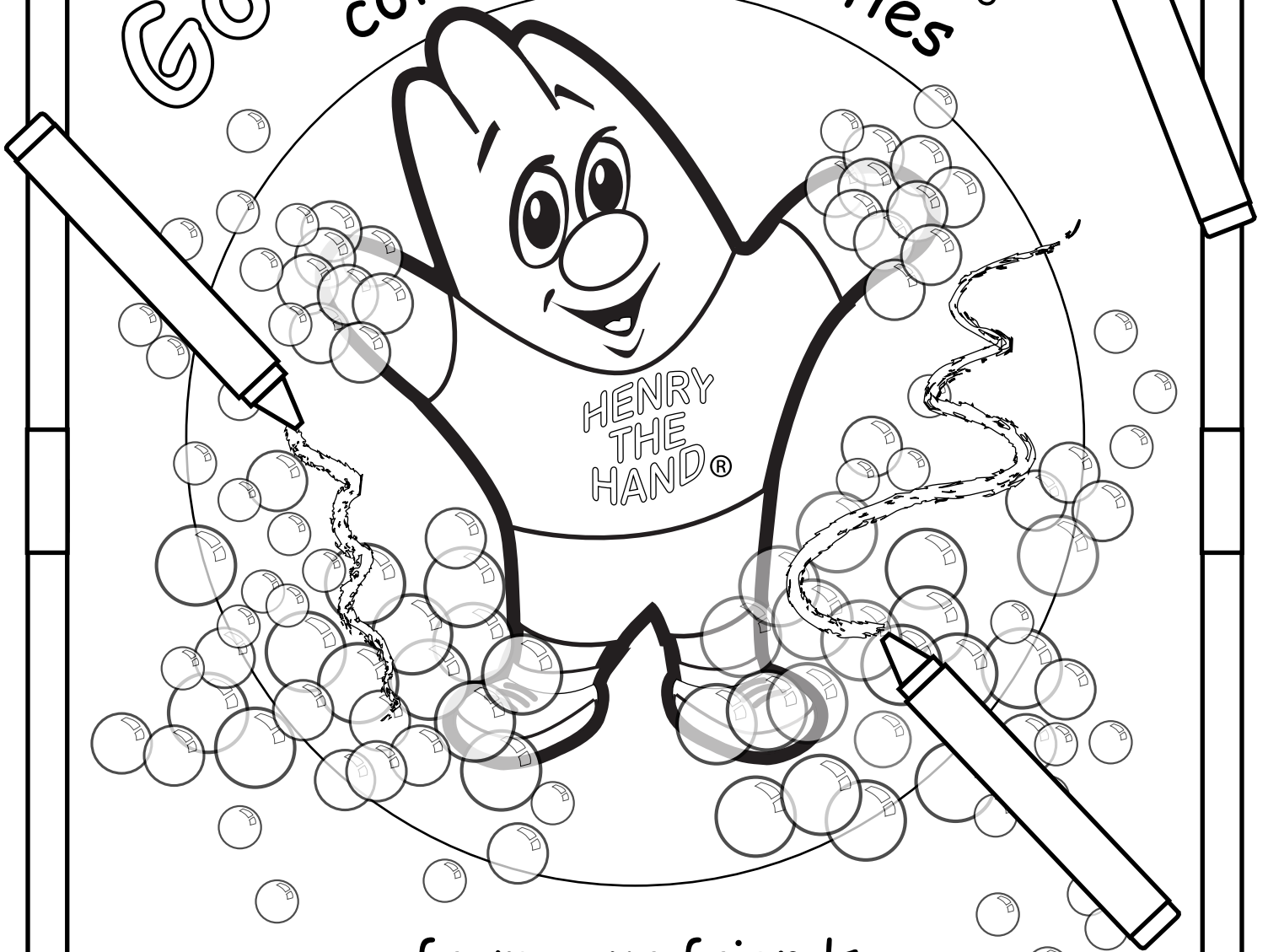


Good, clean fun!  
coloring & activities



from your friends  
**HENRY THE HAND**  
and Dr. Will

Help keep everyone  
healthy!

Spread the word  
not the germs!



© 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.

Henry the Hand's  
**4** Principles of  
Hand Awareness:

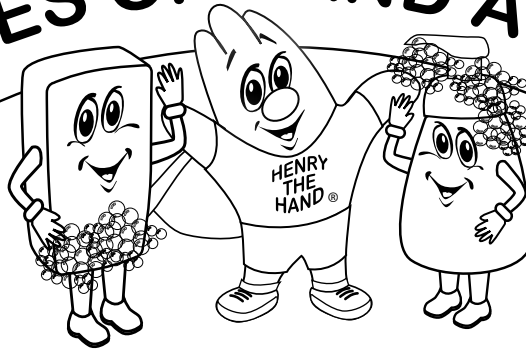
1. Wash your hands  
when they are dirty  
and before eating
2. Do not cough  
into your hands
3. Do not sneeze  
into your hands
4. Above all,  
do not put your fingers  
in your eyes, nose or mouth

from your friends  
**HENRY THE HAND**  
and Dr. Will

**HENRY THE HAND®**

# 4 PRINCIPLES OF HAND AWARENESS

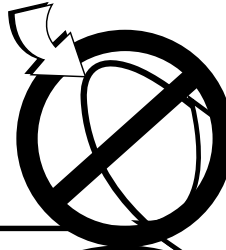
**THEY KIDS!**



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



**2**  
**DO NOT COUGH INTO HANDS!**



**INSTEAD TRY COUGHING HERE!**



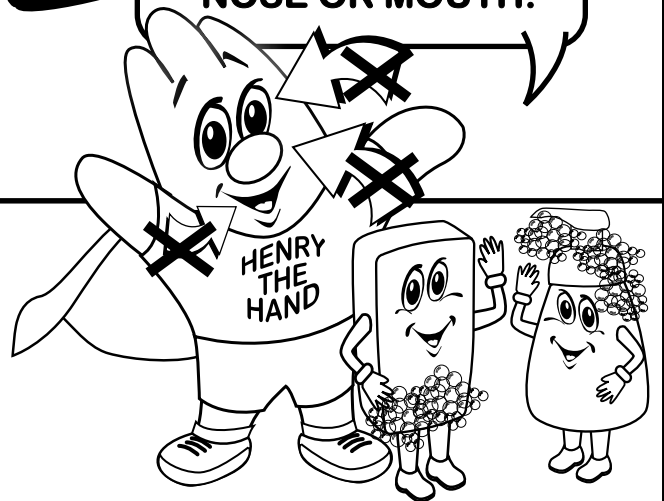
**3**  
**DO NOT SNEEZE INTO HANDS!**



**AGHO!**  
**INSTEAD SNEEZE HERE!**



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

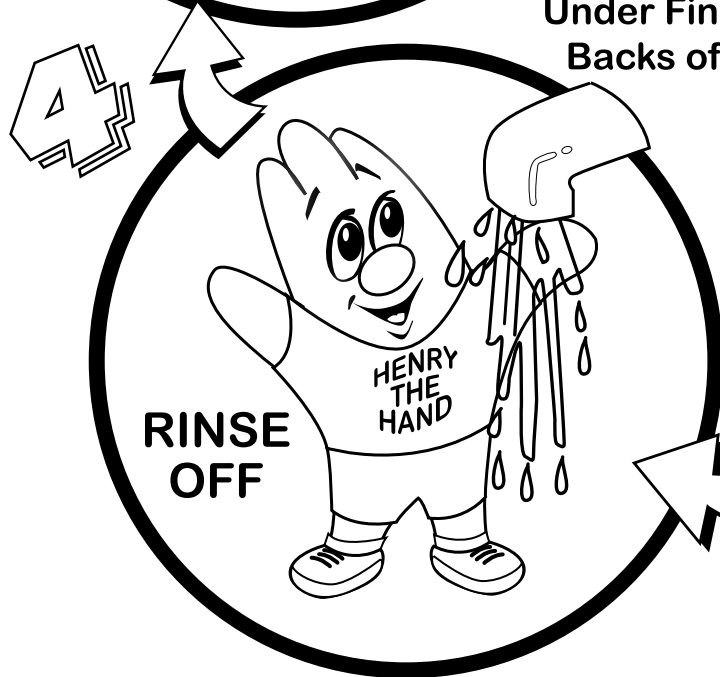
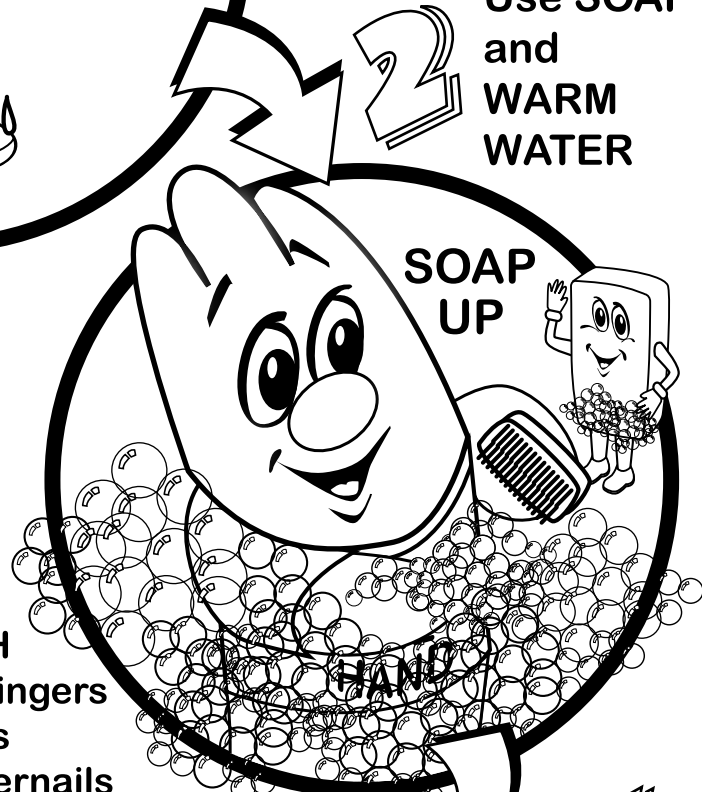


# HENRY THE HAND'S HAND WASHING GUIDE

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



Use SOAP  
and  
WARM  
WATER



# 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

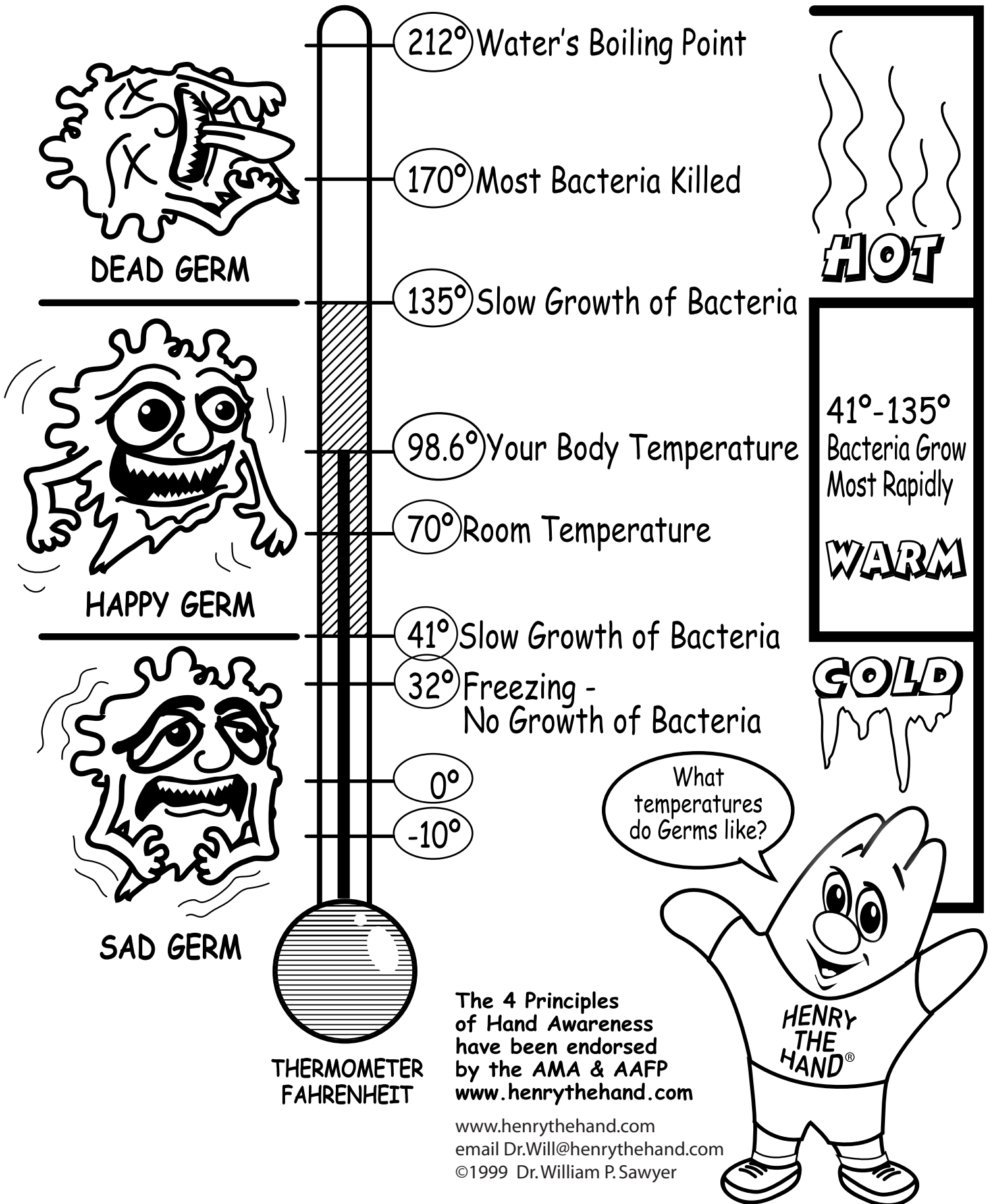
I can cause pinkeye (highly contagious)

## 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](http://www.henrythehand.com)

[www.henrythehand.com](http://www.henrythehand.com)  
 email [Dr.Will@henrythehand.com](mailto: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!



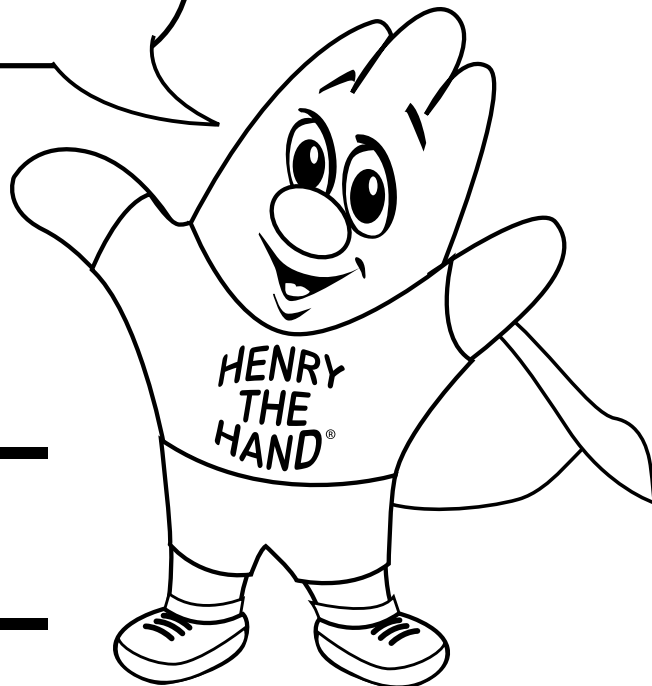
$$1 \times \underline{\quad} = 5$$

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

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

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

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

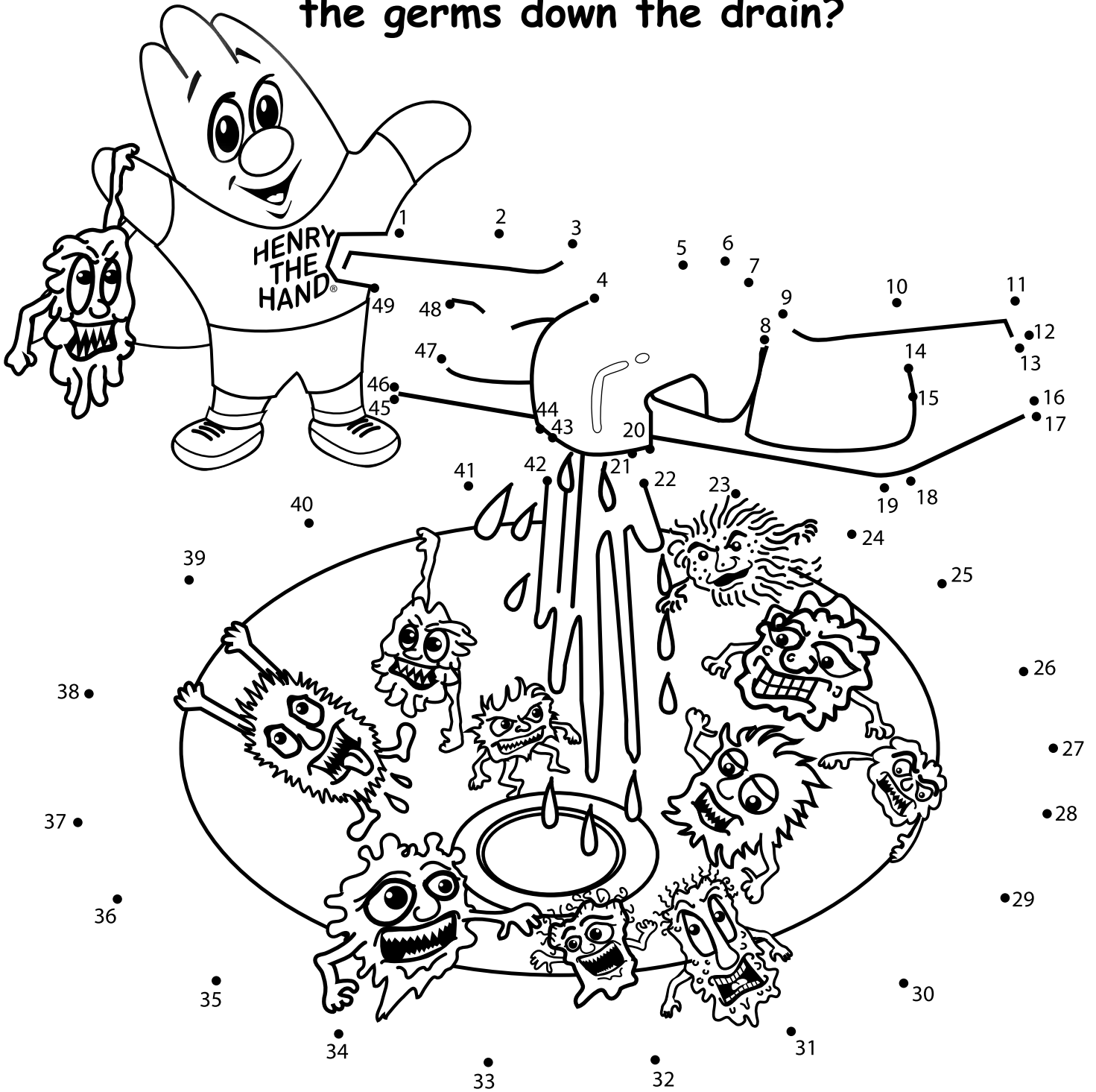


Thank you for helping  
"Spread the Word, Not the Germs" !

# WASH YOUR HANDS!

# HENRY THE HAND® DOT TO DOT

Can you help Henry wash  
the germs down the drain?

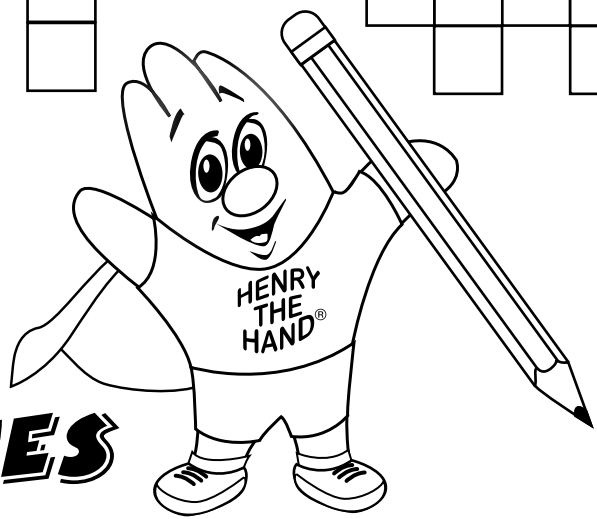




# HENRY'S CROSSWORD PUZZLE!



Spread the Word,  
Not the Germs!



## CLUES

### ACROSS

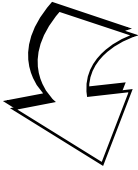
1. One of Henry's 4 Principles is to keep your fingers out of your eyes, nose, and \_\_\_\_\_.
2. The germ that causes a common cold is a \_\_\_\_\_.
3. It is very important when washing hands to wash under the \_\_\_\_\_.
4. The best defense against the spread of disease is \_\_\_\_\_ (two words).
5.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

### DOWN

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

www.henrythehand.com  
email Dr.Will@henrythehand.com  
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START



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

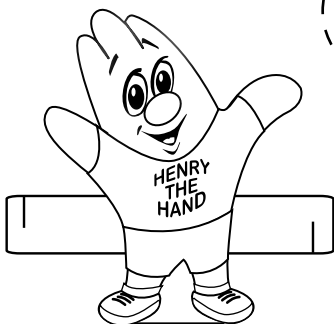
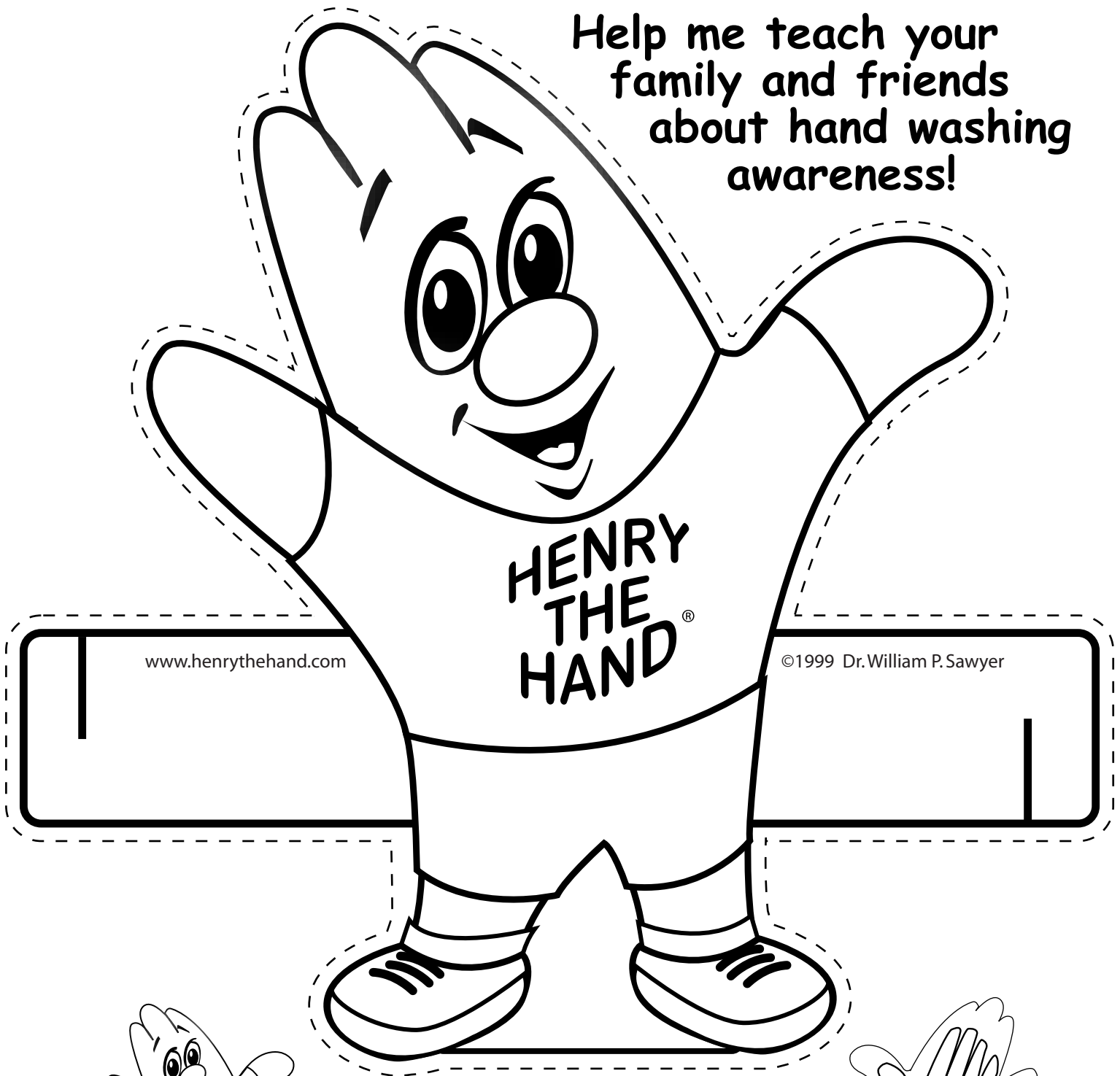


A maze with several paths leading to different scenarios for Henry the Hand:

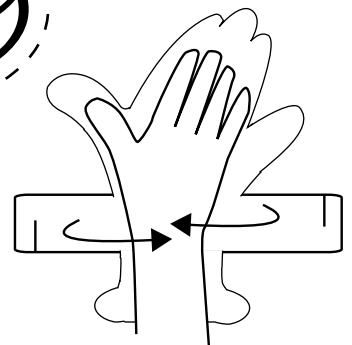
- Top Left:** "DID NOT WASH HANDS" with a dirty Henry the Hand.
- Top Middle:** "RESTROOMS" with "BOYS" and "GIRLS" doors. Below it: "HENRY STOPPED AT THE BATHROOM" with Henry the Hand standing in front of the doors.
- Top Right:** "HENRY WASHES HIS HANDS!" with Henry the Hand at a sink with soap suds.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

# HENRY THE HAND<sup>®</sup> 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!





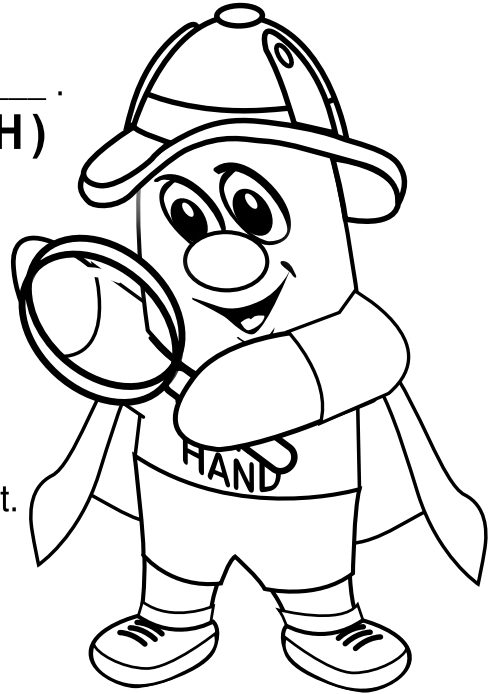
# DETECTIVE HENRY'S SECRET CODE GAME

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

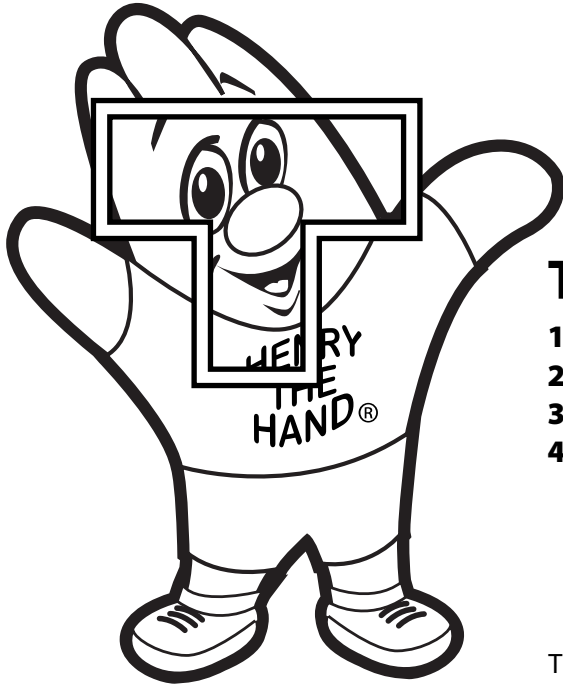
actual letter

- 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](http://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?

Spread the Word, Not the Germs!

# 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](http://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					