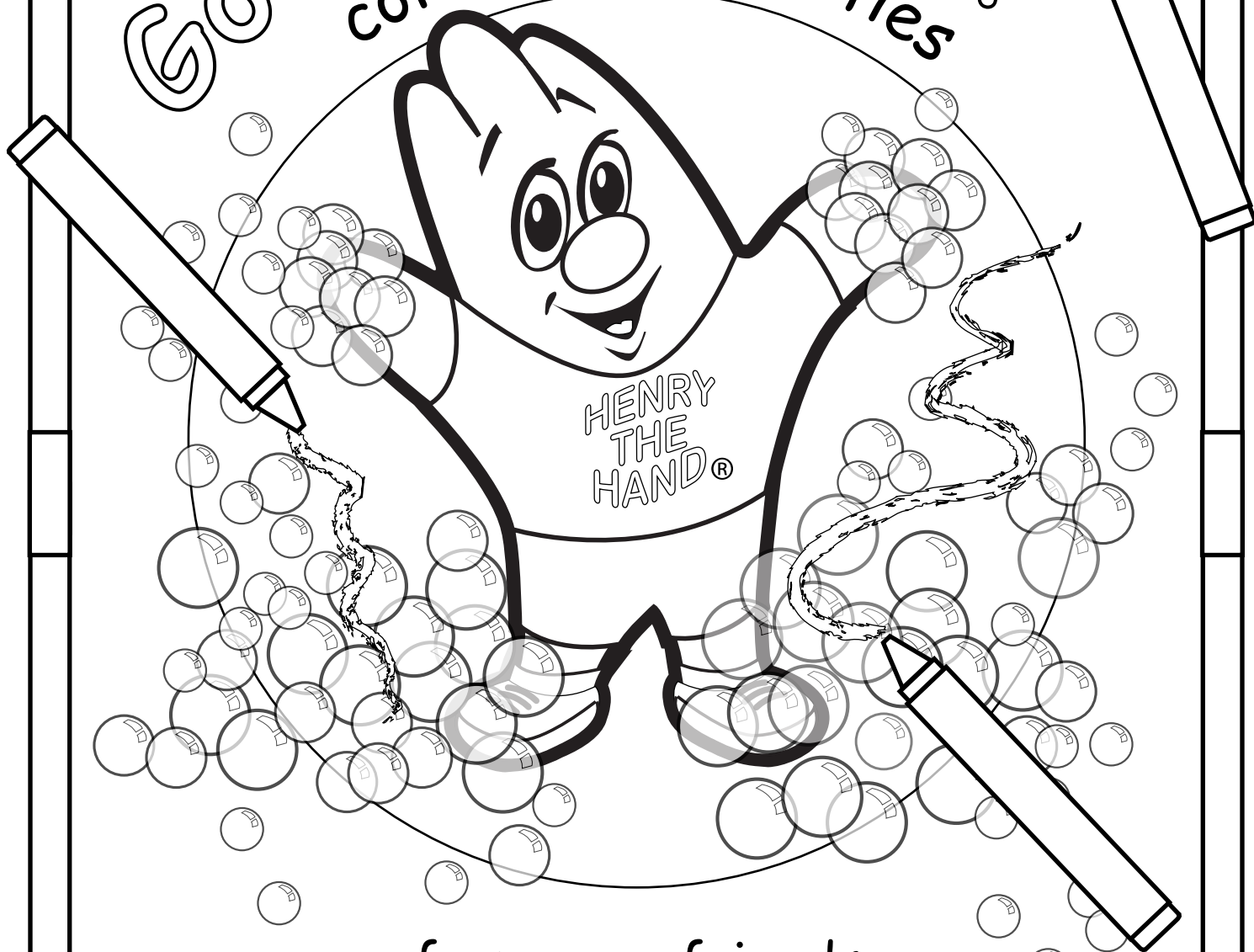


Good, clean fun!
coloring & activities



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:**

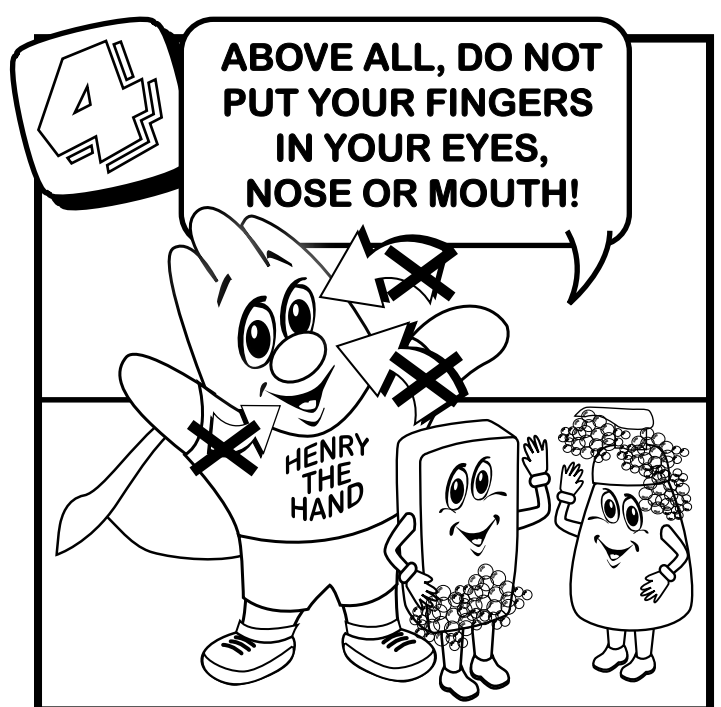
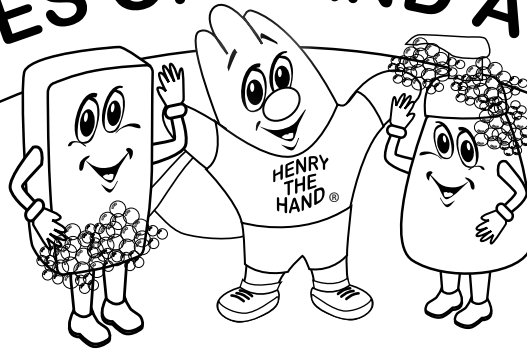
1. **Wash** your hands
when they are dirty
and **before** eating
2. **Do not** cough
into your hands
3. **Do not** sneeze
into your hands
4. **Above all,**
do not put your fingers
in your eyes, nose or mouth

from your friends
HENRY THE HAND
and Dr. Will

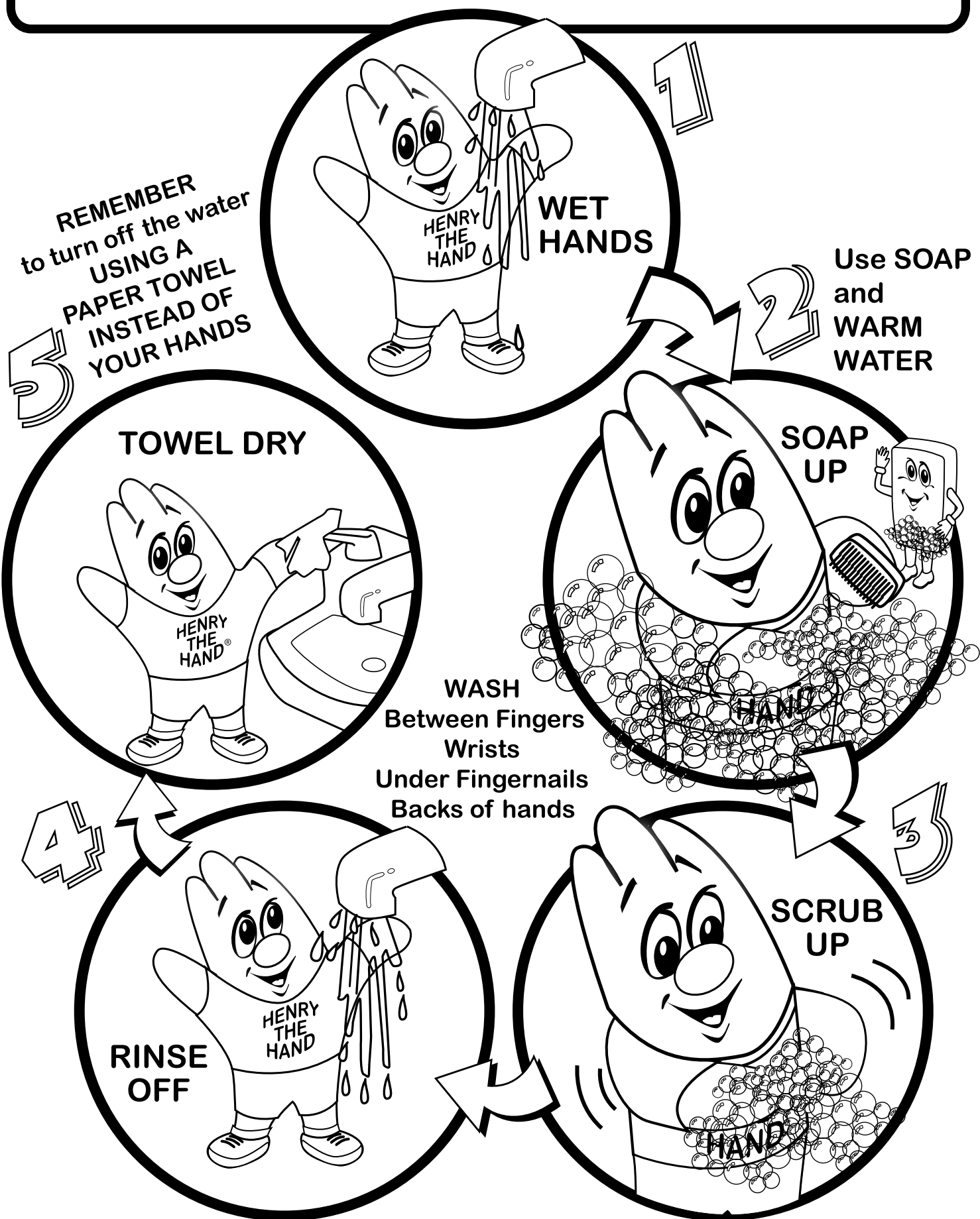
**HENRY
THE
HAND®**

4 PRINCIPLES OF HAND AWARENESS

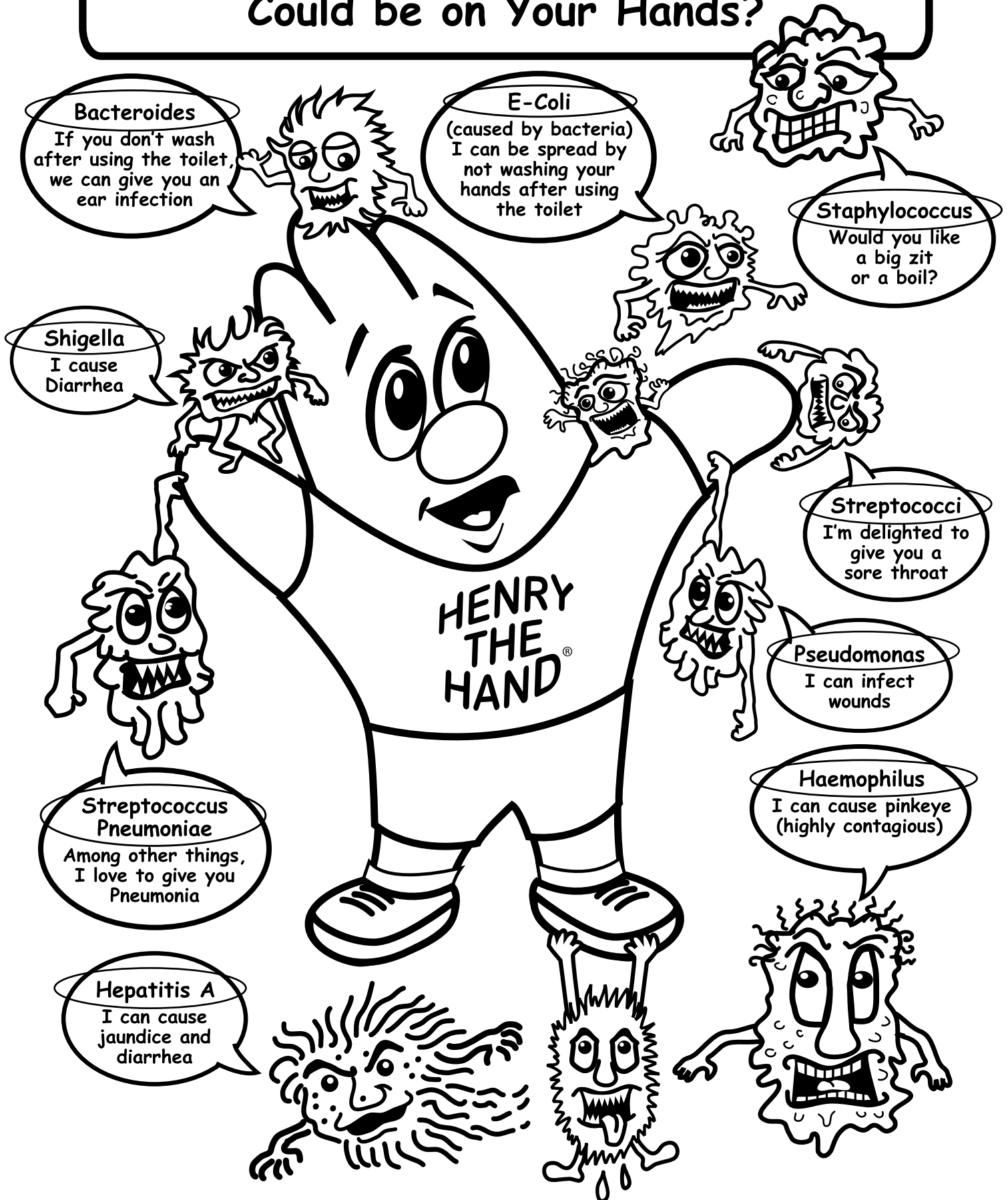
**HEY
KIDS!**



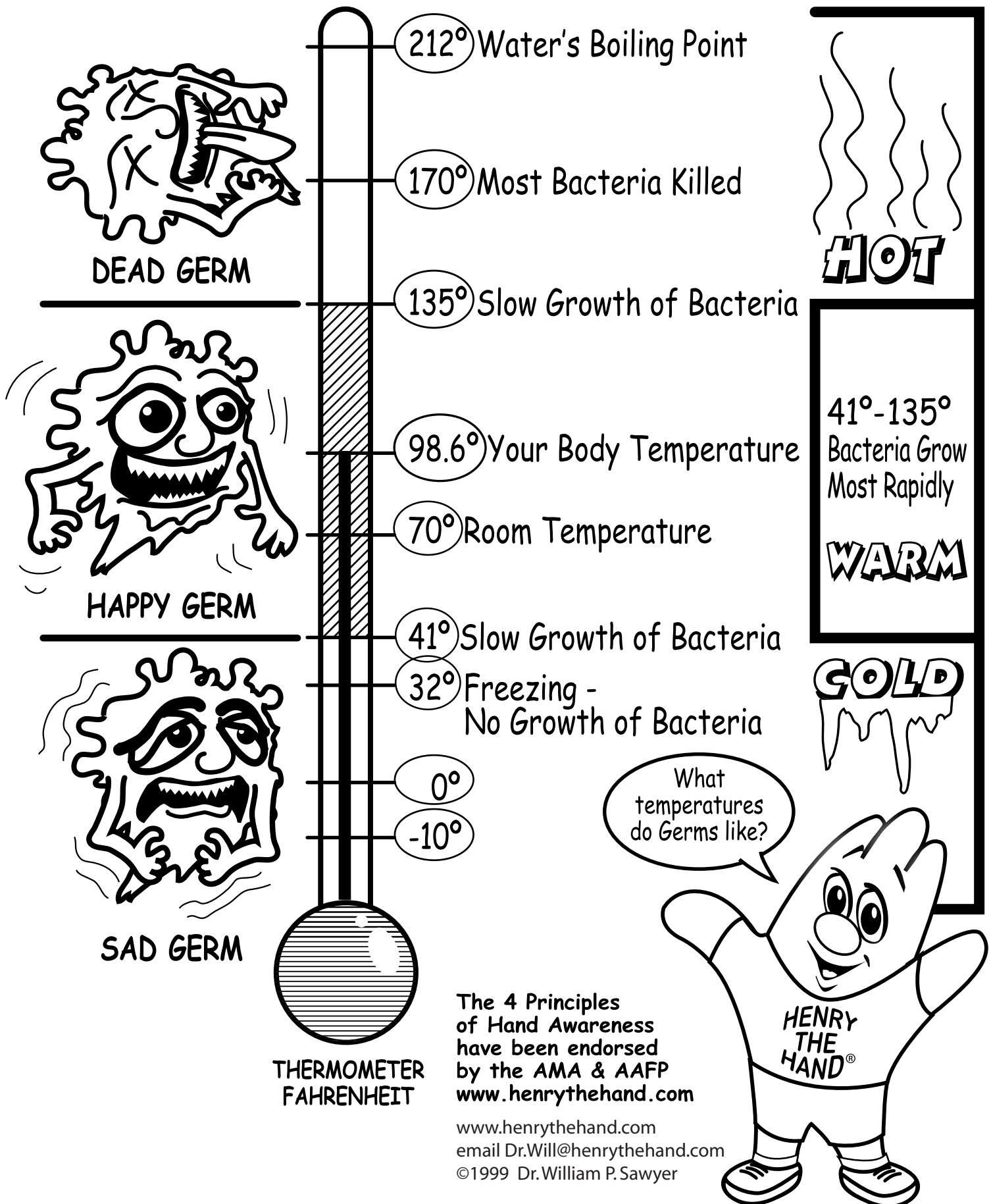
HENRY THE HAND'S HAND WASHING GUIDE



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



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
 ©1999 Dr. William P. Sawyer

HEY KIDS!

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



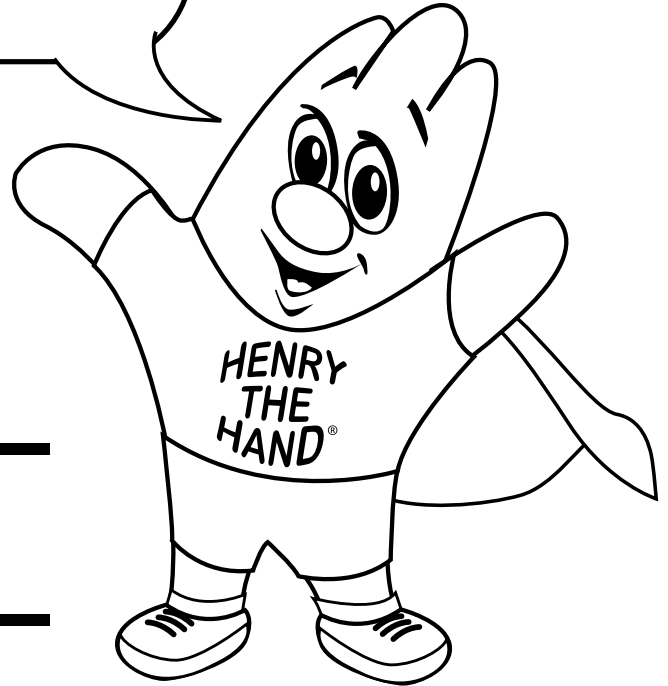
$$1 \times \underline{\quad} = 5$$

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

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

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

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

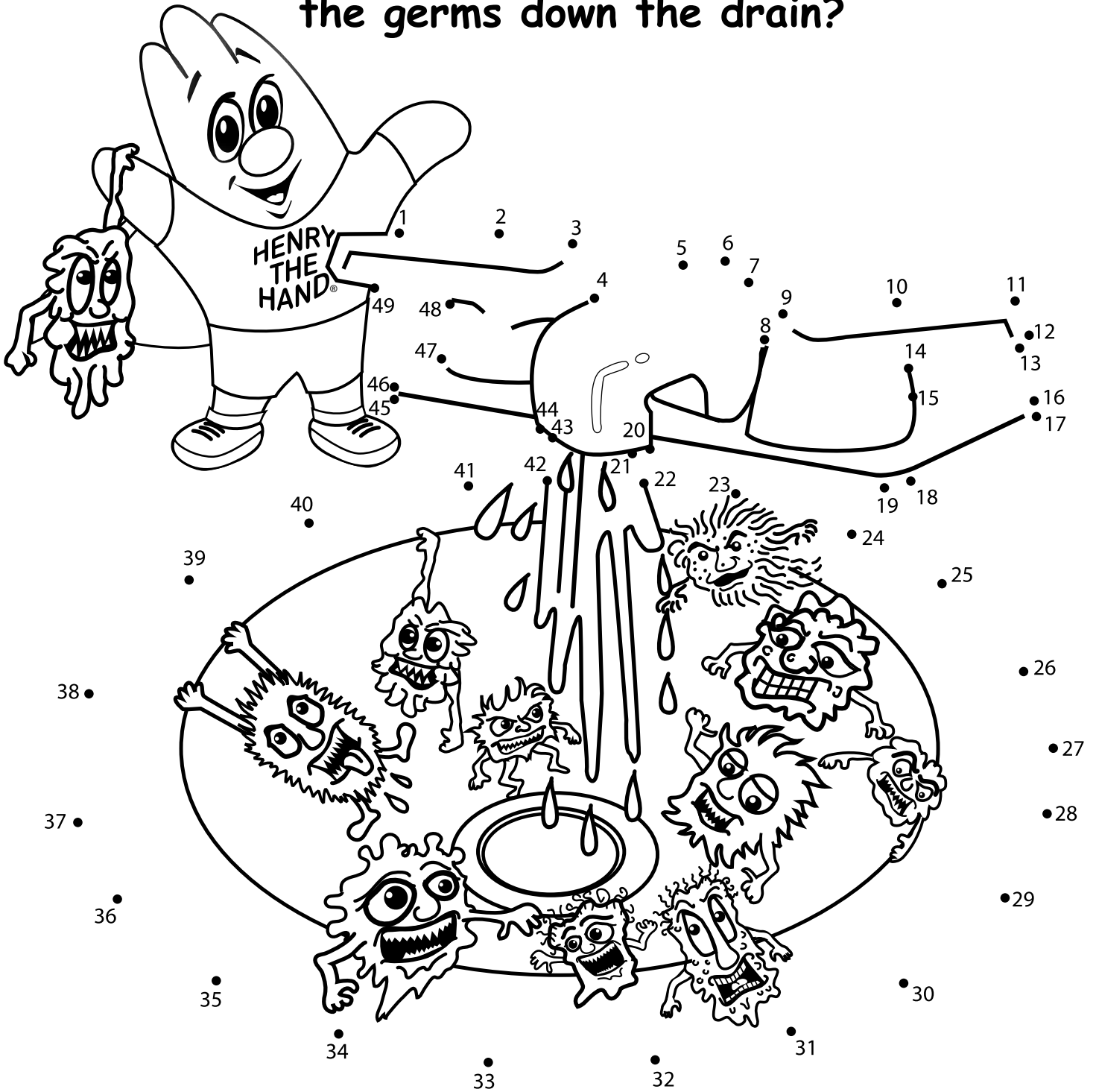


Thank you for helping
"Spread the Word, Not the Germs" !

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

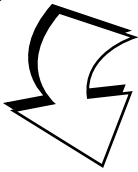
1. One of Henry's 4 Principles is to keep your fingers out of your eyes, nose, and _____.
2. The germ that causes a common cold is a _____.
3. It is very important when washing hands to wash under the _____.
4. The best defense against the spread of disease is _____ (two words).
5. When washing hands,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

DOWN

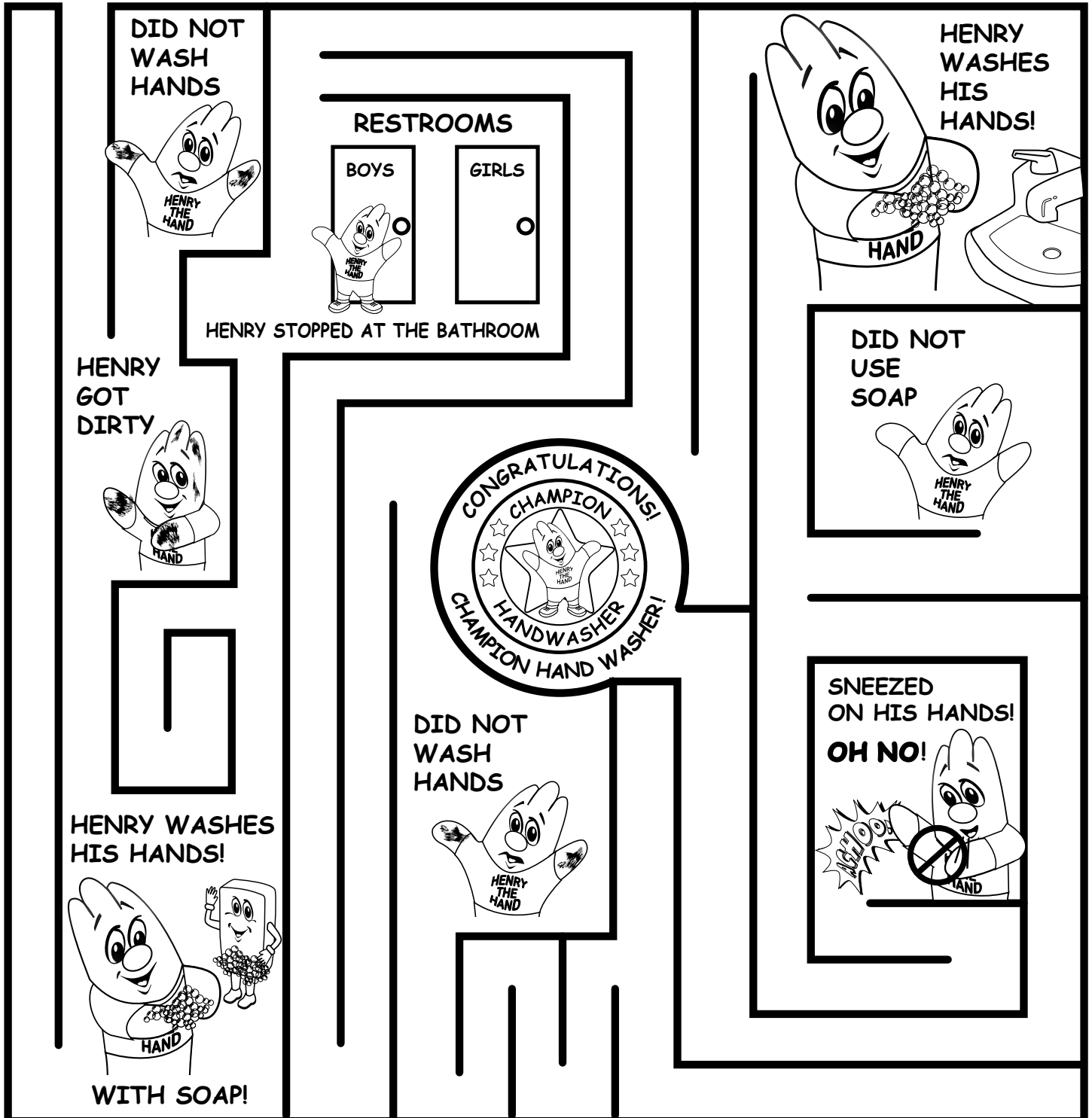
1. _____ is caused by bacteria and can be spread by not washing your hands after using the toilet.
(Hint: See Identifying Germs)
2. When washing hands, rub hands together _____.
3. The most important time to wash your hands is after using the _____.
4. When washing hands, make sure to use lots of _____.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

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

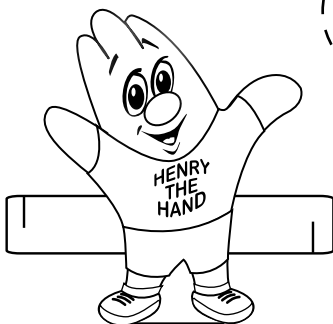
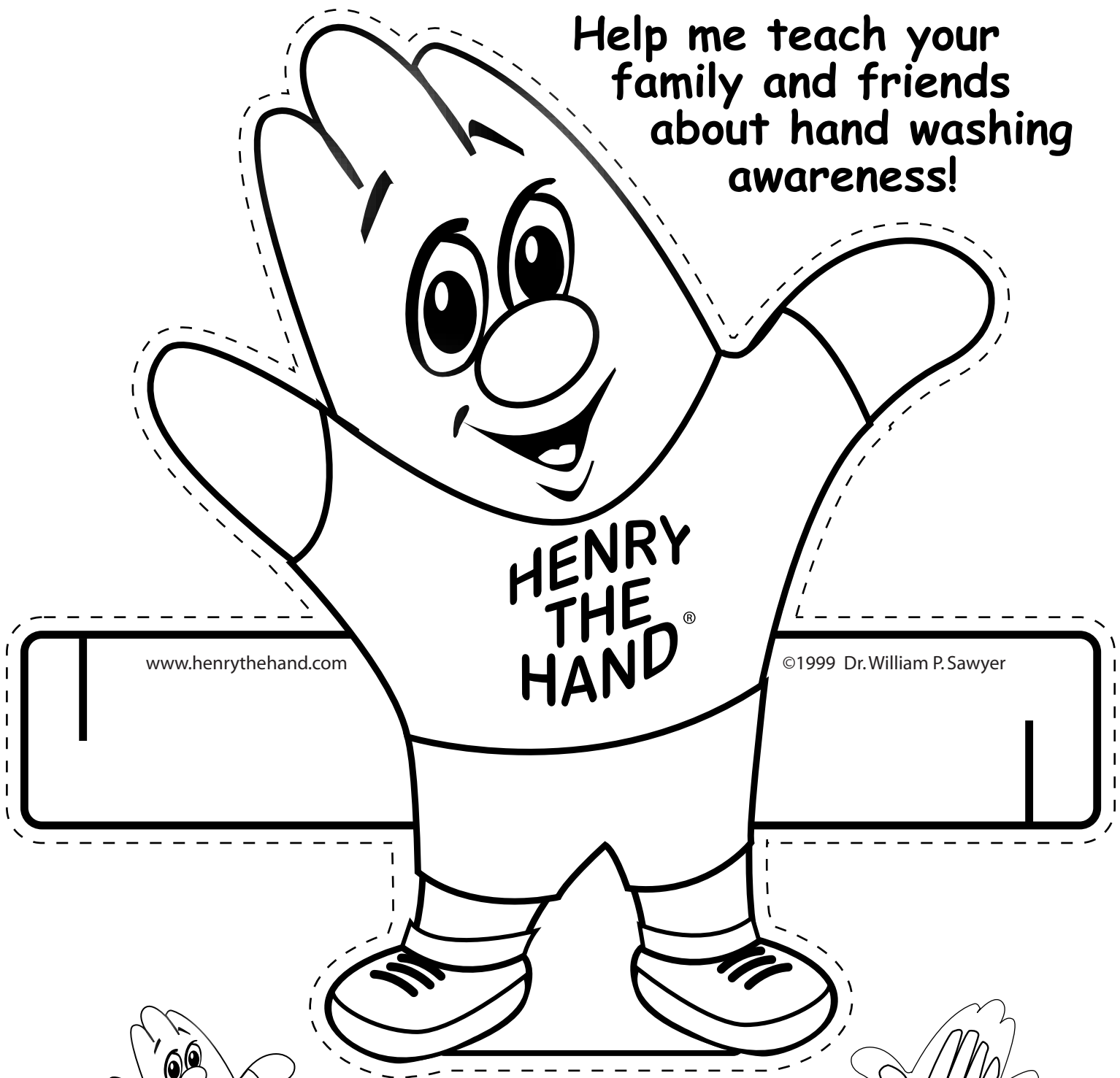


CAN YOU FIND
THE CORRECT PATH
TO BECOME
A CHAMPION HANDWASHER?

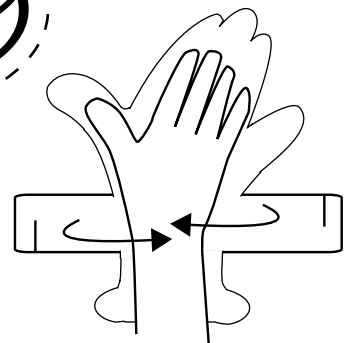


HENRY THE HAND[®] PUPPET

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

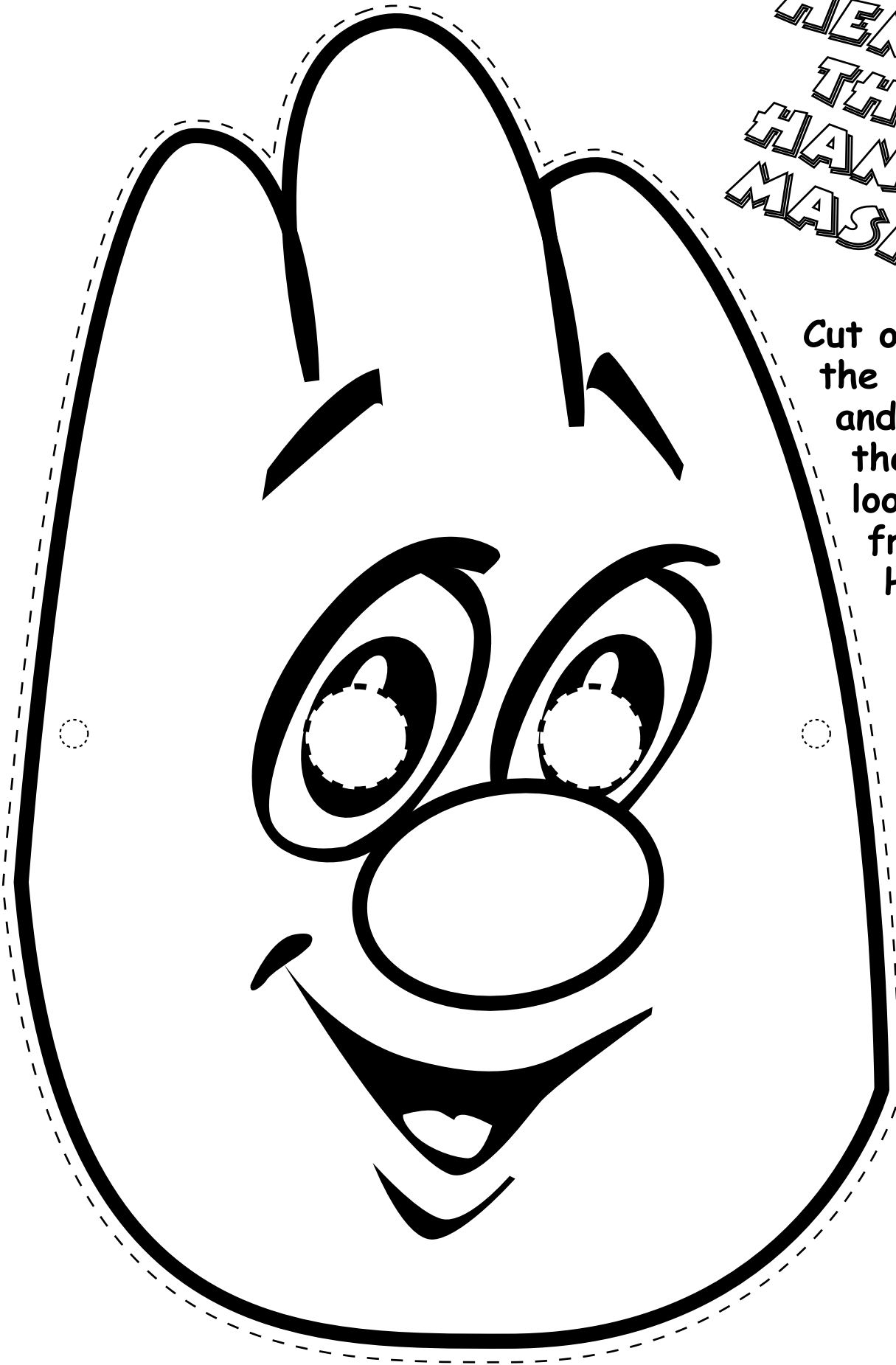


Cut out Henry and the tabs.
Cut the slots in each end and
wrap the tabs around your hand.



HENRY THE HAND® MASK

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





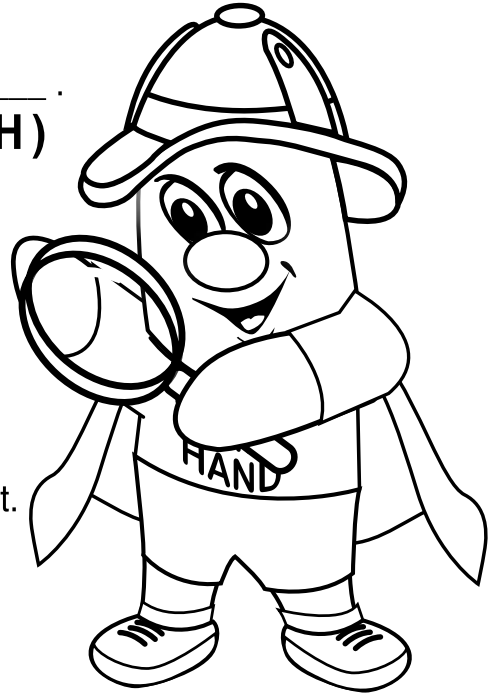
DETECTIVE HENRY'S SECRET CODE GAME

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 |

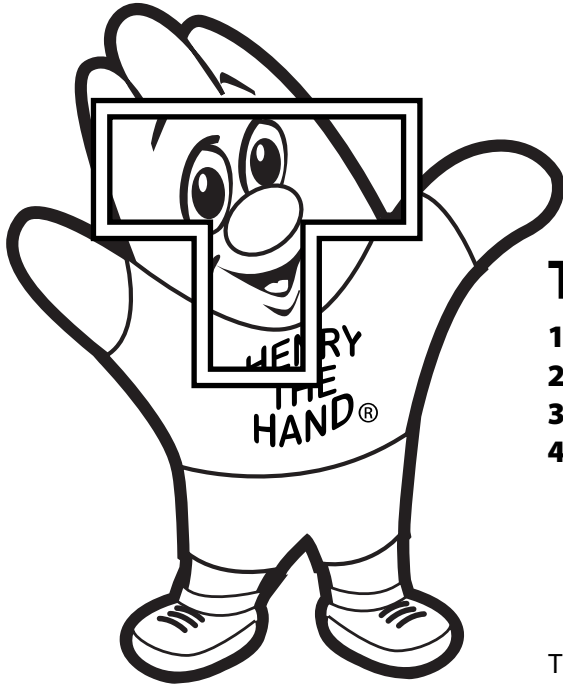
actual letter

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



Do NOT touch the Tzone!

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!

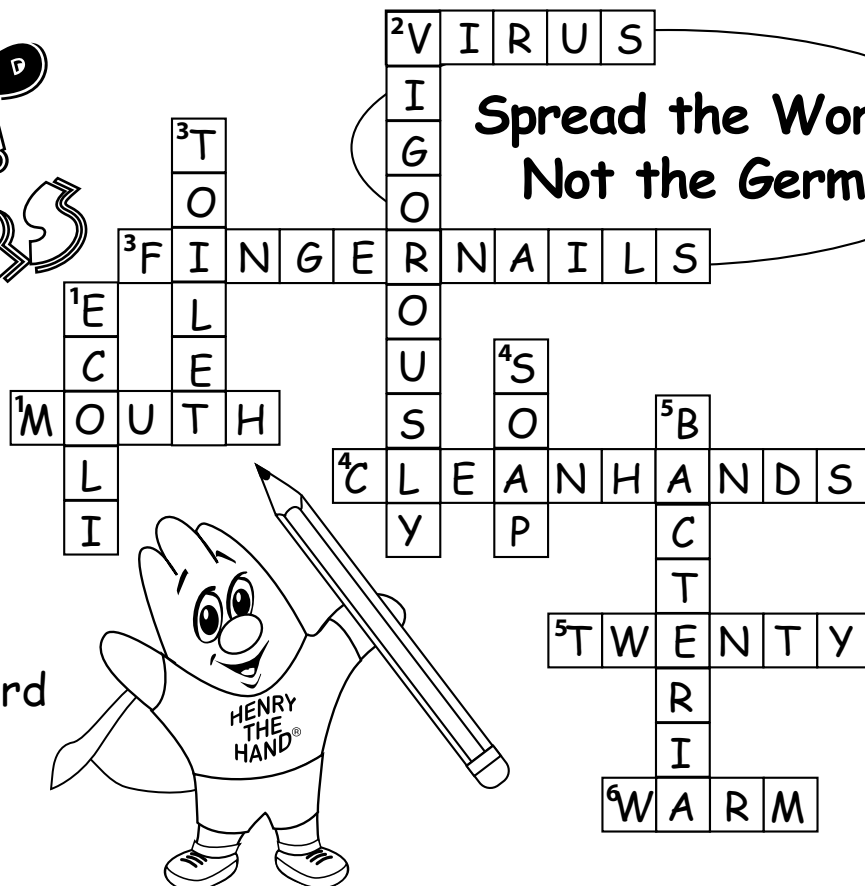
Visit www.henrythehand.com

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?



**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

Name: _____

Week of: _____

BEFORE
BREAKFAST

BEFORE
LUNCH

BEFORE
DINNER

AFTER
RESTROOM

ARRIVAL
HOME

| SUNDAY | | | | | |
|-----------|--|--|--|--|--|
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |