

The Good, The Bad, and The Ugly



Some germs are helpful. Others can make us sick! Color the **Good Germs** and **Bad Germs** cards below.

<p>Good Germs</p>  <p>I help your body fight bad germs!</p>	<p>Good Germs</p>  <p>I help your body stay healthy!</p>	<p>Good Germs</p>  <p>I help your body fight bad germs!</p>
<p>Bad Germs</p>  <p>I make you sneeze and cough!</p>	<p>Bad Germs</p>  <p>I give you a cold!</p>	<p>Bad Germs</p>  <p>I give you a fever!</p>

Dear Parent or Caregiver,

Let's pretend you and your child played a game using characters like the bacterial good germs and bad germs. Let your child give you a "Germs Quiz." Can it give you sometimes helpful things? Are good germs on the your body and how many things bad germs can "break a heart?" Your child will help you by coloring you fit in the germs!

For more important information about germs, keeping your family healthy, and what to do when a cold or flu the show starts, please see the sheet you will get brought home. * See below for more important tips at www.cdc.gov/healthykids

Thoughtful you by the National  Helping parents protect the health of our children

