English-Spanish Inglés-Español For Ages 4–7 De 4 a 7 años

Germs Are Not for Sharing Los gérmenes no son Para compartir 00° **Elizabeth Verdick** Ilustrado por Marieka Heinlen free spirit **PUBLISHING®** © 2014 Free Spirit Publishing. All rights reserved.

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Elizabeth Verdick

Ilustrado por Marieka Heinlen Traducido por Alejandra Schmidt



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To the folks at Children's Hospital in St. Paul, who took great care of my son Zach during two hospitalizations; and to Zach himself, who is learning how to handle his asthma, wash his hands while singing the alphabet, and spread the word that germs are not for sharing. -E.V.

For Mason, a great big brother who never coughs on his new baby sister, and for Avery and Veronica, who are too tiny and squeaky clean to know about germs yet. -M.H.

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para compartir. -E.V.

para conocer a los gérmenes. -M.H.

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Dedication

Acknowledgments

Dedicatoria

Para mis amigos del Hospital de niños en St. Paul, quienes cuidaron con mucha dedicación a mi hijo Zach durante sus dos hospitalizaciones. Y también para Zach, quien ha aprendido a convivir con el asma, a lavar sus manos mientras canta el ABC, y decirle a todo el mundo que los gérmenes no son

Para Mason, un hermano mayor maravilloso que nunca tosió en la cara de su hermanita recién nacida. También para Avery y Veronica, que todavía son demasiado pequeñitos y requeteliempios

Agradecimientos

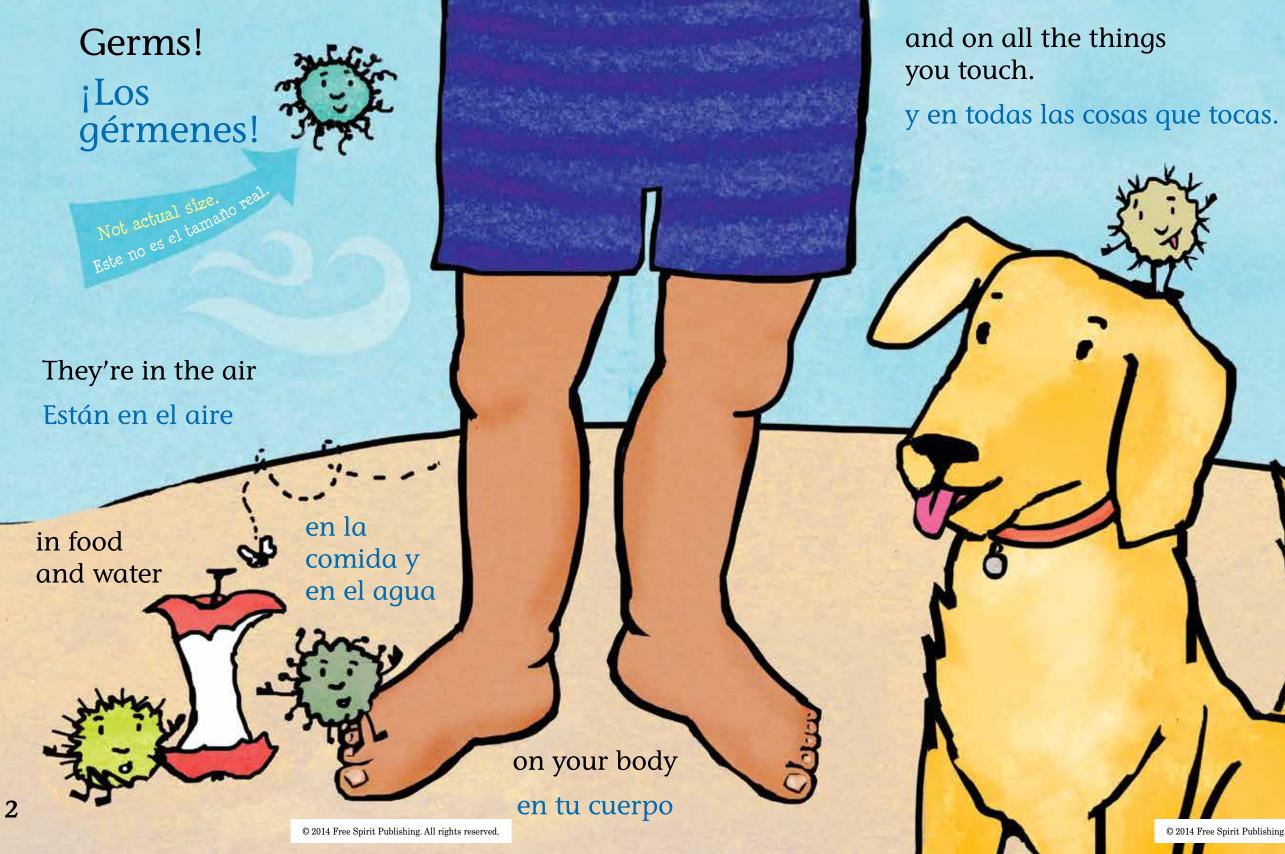


What are too small to see . . . but can have the

¿Qué es tan pequeño que no se ve . . . pero que tiene

1

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Not ALL germs are bad though. Pero no TODOS

los gérmenes

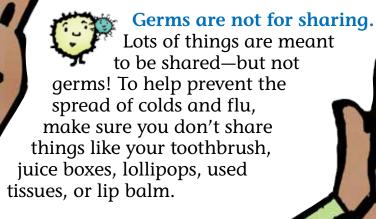
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A Few More Words About Germs

Grown-ups and kids can read this together!

Germs are everywhere—on your skin, in your body, in the air you breathe, in your food and water, and on everything you touch. They are tiny living creatures that you can't even see. And not all germs are bad. Most of them don't cause you any harm.





sick. Maybe you didn't know that your body has built-in defenses against harmful germs. Your eyelashes help trap germs before they

Your body knows how to fight germs. Some germs can make you get into your eyes. The hairs in your nose catch some of the germs you breathe in. Your *immune system* is your body's disease-fighting system. It helps protect you from illness or allows you to get better when you're sick.

Germs can get in through your eyes, nose, and mouth. Some harmful germs do get in and make you sick. For example, if you have germs on your hands and then you rub your eyes, you let germs in. You can get germs if you suck your thumb, bite your fingernails, or pick your nose. You can get germs if someone spits on you or if you kiss someone who's sick. So remember: *Noses are not for picking*. *Mouths are not for* spitting. Thumbs are not for sucking. Fingernails are not for biting.



Sneezing or coughing spreads germs. You can't help it if you have to sneeze. But guess what happens when you do? You spray tons of germs into the air. They travel fast and far. Scientists say the germs can land as far away as the other side of the room! And just like when you sneeze, germs leave your body and spray into the air when you cough. Where do the germs end up? On other people! So cover it up. Grab a tissue and cough or sneeze into it (wash your hands afterward). If you can't get a tissue fast enough, turn your face away from other people so they won't catch your germs. Cough or sneeze into the crook of your elbow, or turn your head toward your shoulder and cough into your shirt.

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