



Waldo County 4-H Program
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Putting knowledge to work with the people of Maine

How Do Germs Get Inside My Body?

Purpose of activity: The purpose of this activity is to help youth learn about germs, how germs get inside the body, and good hygiene practices that can reduce the risk of becoming sick.

Materials:

- Video: [How do germs get inside your body?](#)
- Video: [How does hand sanitizer kill germs?](#)

Instructions:

1. As a family, view the video “How Do Germs Get Inside Your Body?”. During the video, discuss the questions that are asked and work through the video.
2. Open the bonus box for additional resources and view Terrific Tips to Fight Germs.
5. As a family, view second video “How does hand sanitizer kill germs?”.

Activity Extensions:

- Be a Healthy You, Healthy Me ambassador. Tell your friends about these activities helping them to prepare for their safe return to school and other activities.
- [Make your own cloth face coverings.](#)