

Ames Public Library @HOME Activities

Safety First!

Every day we engage in a variety of activities. We play sports, do crafts, and help with chores. When we engage in any activity, safety should ALWAYS be a consideration.

Practicing safety helps keep you and those around you out of harm.

See a related video on the Library's YouTube Channel at <http://bit.ly/APLvideos>.

Books and media:

Title	Author / Performer	Call Number:
<i>Wear a Helmet</i>	Salzmann, Mary Elizabeth	ETR 613.6 SAL
<i>I Have Cuts and Scraps</i>	Mattern, Joanne	ETR 617.1 MAT
<i>Healthy Kids</i>	Ajmera, Maya	J 613 AJM
<i>Keep Clean – A Look at Hygiene</i>	Bagley, Katie	J 613 BAG
<i>Why Must I ... Eat Healthy Food?</i>	Gaff, Jackie	J 613 GAF
<i>12 Healthy Habits for Life</i>	Hand, Carol	J 613 HAN
<i>Back Off Sneezy!</i>	Kresman, Rachelle	J 613 KRE
<i>The Monster Heath Book</i>	Miller, Edward	J 613.7 MIL
<i>Vaccines</i>	Hand, Carol	J 614.47 HAN
<i>You Wouldn't Want to Live Without Antibiotics!</i>	Rooney, Anne	J 615.3 ROO
<i>What is Germ Theory?</i>	Hyde, Natalie	J 615.37 HYD
<i>Antibiotics</i>	Orr, Tamra B.	J 615.7 ORR
<i>The Magic School Bus – Inside Ralphie, A Book about Germs</i>	(Scholastic)	J 616 MAG
<i>Happy and Healthy</i>	Chancellor, Deborah	J 646.7 CHA
<i>Heroes Wear Masks –Elmo's Super Adventure</i>	Jane, Lillian	e-book on Overdrive
<i>Highlights (DVD). Healthy Living</i>	(Dreamscape Media)	DVD FAMILY HIG
<i>Bill Nye the Science Guy (DVD): Germs</i>	Nye, Bill	J 616.9 (DVD) NYE

Websites:

URL
https://www.healthychildren.org/english/safety-prevention/Pages/default.aspx
https://www.cdc.gov/vaccines/vpd/vpd-vac-basics.html

Vocabulary

Nourishment – In this case, food that is necessary and important for growth and good health.

Bacteria – Bacteria are germs. They live in the environment and all over the inside and outside of our bodies. Most bacteria are harmless and even helpful to people, but some can cause infections. Bacteria are single celled, and can only be seen with a microscope. Antibiotics are used to treat bacterial infections.

Virus – Virus are even smaller than bacteria, and aren't even a full cell. Viruses can only live for a very short time outside other living cells like on a doorknob or a table.

Antibiotics – Antibiotics are medicines that help fight infections caused by bacteria in humans and animals. They do this by killing the bacteria or making it difficult for it to grow and multiply.

Epidemic – An outbreak of a disease that quickly infects a large number of people.

Pandemic – When an epidemic spreads over a wide area, it is called a pandemic.

Vaccine – Vaccines can help prevent infectious diseases that can be dangerous, or even deadly. They help reduce infection by working with the body's natural defenses, and help safety develop immunity to the disease.

Hygiene – Good Hygiene means keeping clean. You practice good hygiene when you wash your hands. Good hygiene helps you stay healthy.

Immune system – This is complex network of cells, tissues, and organs. Together they help the body fight infections and other diseases.

Safety gear – In sports it is the equipment that you wear to keep you safe. For example bike helmets, shin guards, and protective gear. In the workplace PPE, or personal protective equipment, is worn to protect workers from injuries and illnesses. PPE can include masks, face shields, and gloves.

Take Away Kit: Decorate a Mask

Bag Contents:

- 1 Mask
- 1 Fabric marker

Just like wearing a helmet protects your head when you ride a bike, and shin guards protects your shins when playing soccer, wearing a mask can help protect you from some germs.

In the kit is a mask that you can decorate with the fabric marker provide.

Remember to wash your mask before you use it.

What do you do when you are sick?

Sometimes you may fall sick despite being careful and practicing good hygiene. If you are sick, here are some tips to help you get better:

- Stay home and get lots of rest.
- Drink plenty of water. Nourishing liquids like soup can help also.
- Eat small meals even if you are not hungry.
- Cover your mouth when you sneeze or cough. Remember to wash your hands often.
- It also helps to read, do a craft, or play quietly with some toys.

When you rest you are allowing your body to recuperate, and overcome the infection. This should help you feel better soon.

Sources:

<https://kidshealth.org/en/parents/germs.html>

<https://www.cdc.gov/antibiotic-use/community/about/should-know.html>

