



# Clean Up the Classroom

Health news teachers can use

see inside for ...

The Dirty Truth  
about germs in the classroom

Straight "A" Strategies  
to fight the germs that cause colds & flu

Classroom Activities  
3 easy ways to teach kids about germs



Clean Up  
the Classroom

with 

[www.cloroxclassrooms.com](http://www.cloroxclassrooms.com)



# The dirty truth about germs

72

number of hours viruses can survive on common surfaces

80

the percentage of germs spread by touch

300

number of surfaces a child can touch in just 30 minutes

400

times more bacteria on the average desk than the average toilet seat

## Straight "A" Strategies

to fight the germs that cause colds and flu every day

1

### Teach kids to wash their hands the right way

- Frequently, throughout the day
- Before and after they eat; after they use the bathroom
- With warm, soapy water, for at least 20 seconds (about the time it takes to sing the "Happy Birthday" song twice)



2

### Do the ELBOW COUGH

Encourage kids to cough and sneeze into their elbows, not their hands (where they're more likely to spread viruses through touch).



3

### Disinfect surfaces every day

Kids can touch up to 300 surfaces in just 30 minutes. To help reduce the spread of germs, disinfect the surfaces kids touch most frequently — like doorknobs, faucets and toys.

4

### Partner with parents

Invite parents to volunteer their time to help clean up the classroom or donate cleaning supplies. Together, you can make a cleaner, healthier classroom for their kids.

Check with school policy to confirm use and donation of products is acceptable. Parents should deliver any donations themselves; do not give products to children. Store and keep out of the reach of children.

Sources: Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)); University of Arizona study, 2005, Dr. Charles P. Gerba; *The Secret Life of Germs*, Dr. Philip Tierno, Atria Books, 2004; National Institute of Health (NIH)/National Institute of Allergy and Infectious Disease Fact Sheet, December 2004

# Meet the Clean Club!

The Clean Club finds and fights germs wherever they hide. Together, these cartoon characters can help you teach kids how to stop the spread of germs.



**Hometown** Sleeve-port, La.  
**Hobbies** Coughing into her elbow  
**Biggest Splurge** Monogrammed tissues



**Hometown** Germ-antown, Pa.  
**Hobbies** Spotting germ hot spots, like doorknobs, light switches, faucets and pencil sharpeners  
**Pet** Dog named Rhino (after the rhinovirus, which causes the common cold)



**Hometown** Water-bury, Conn.  
**Hobbies** Hand-washing  
**Future Plans** To be a soapbox derby racer or handyman

## CLASSROOM LESSON PLAN

### LESSON 1: Introduce the Clean Club

- Put up the Clean Club poster and introduce the characters.
- Teach kids they can be Germbusters, too — by coughing and sneezing into their elbows, washing their hands and playing keep-away from germs.

### LESSON 2: Watch the DVD

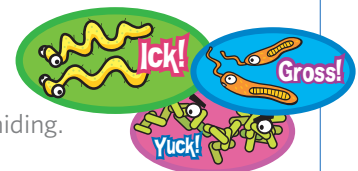
Watch the teacher's program yourself, then show the kids' program to your class. Reinforce the lesson by asking students:

<b>Q.</b>	<b>A.</b>
How many hours can germs stick around?	72 (or 3 whole days)
How do we spread germs?	Touch
How many surfaces can you touch in 30 minutes?	300!
How can you get rid of germs on your hands?	Washing them
How many times should you sing "Happy Birthday" to make sure you're washing your hands long enough?	Twice

### LESSON 3: Stick it to germs (stickers included!)

- Hang up the Stick It to Germs poster.
- Invite kids to put germ stickers (provided) on the places in the poster germs might be hiding.
- Identify the germiest spots, including:
 

doorknob	desks	keyboard and mouse	paper towel dispenser
faucet handle	pencil sharpener	water fountain toggle	
- Talk about:
  - Why certain places are germiest
  - Which places they missed (did anyone get the doorknob?)
  - How to prevent the spread of germs
- Give every kid an "I Joined the Clean Club!" sticker (also included).



# Clean-Up Q & A

Expert advice for a healthier home

## Q What is the difference between a disinfectant and an antibacterial soap?

A They're different products with different purposes. Antibacterial hand soaps stop the growth of bacteria on a person's skin and in many cases can require up to 10 minutes to work. These products do not kill the viruses that cause colds and flu and are not designed for surface cleaning. However, disinfectants are intended for hard surfaces and can kill specific kinds of bacteria (such as staph and salmonella). They can also kill the viruses that cause colds and the flu. You should always check the product label to determine if a specific disinfectant is registered to kill cold and flu viruses.

## Q I keep hearing about the benefits of natural cleansers. How effective are they?

A Natural cleaners such as lemon juice, baking soda and vinegar aren't effective against certain harmful bacteria or viruses. Using an EPA-approved disinfectant is the best way to be sure you're killing a wide range of germs that can cause illness.

## Gentle as Water™



Endorsed by:  
**Parents**

**Clorox® Anywhere Hard Surface™** daily sanitizing spray is powerful enough to kill 99.9% of bacteria on hard, nonporous surfaces, yet gentle enough to use around kids, pets and food.\* Just spray it on desks, countertops, water fountain toggles and doorknobs— anywhere bacteria hide.

\* When used as directed

## We're here to help

- Clorox has donated 250,000 Clean Up the Classroom multimedia learning kits like this one to schools like yours around the country.
- Last year, Clorox donated 100,000 canisters of Clorox® Disinfecting Wipes and over 100,000 gallons of bleach to schools and shelters in regions affected by natural disasters such as Hurricane Katrina.
- Clorox is proud to partner with the American Red Cross to help provide lifesaving programs and services and to raise awareness about the importance of being prepared for life's emergencies.

## Great for the Classroom



**Clorox® Disinfecting Wipes** are an easy way to stop the spread of surface germs that can cause illness in the classroom.

## Learn More Online

Visit [www.cloroxclassrooms.com](http://www.cloroxclassrooms.com) for practical tips and more fun activities to help you teach kids healthier habits every day.

Check with school policy to confirm use of products is acceptable.

Always read and follow precautions and usage directions before using cleaning products. It's best to deep clean before children arrive or after hours. Always store out of the reach of children.

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