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The Germ Stopper Boy

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If you want to share pages
(just one page or two)
to tell other children
to get this book, too

Call my mom or just write her
by email transmission
and do the right thing first
and ask her permission!

For writers have rights
and her books are like children
She’s sad if you take them
She’s sad if you steal them
Acknowledgements

To the boys and girls of the Commonwealth Health Care Corporation Hemodialysis (CHCC HD) Unit (past and present):

Saipan Seventh-day Adventist Clinic

To my ever-supportive husband, Ferdinand Ramos

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The Shack, on Saipan

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Dedication

To Fernand Emmanuel
and Ferdinand Jr.,
my energizers
My name is Eman, and I’m nine years old. I’m a very good boy, and I do as I’m told.

But there’s something I’m hearing a lot more these days, that my parents are saying in so many ways!

It’s the same every morning. It’s the same at night, too. “Wash your hands,” they both say. “It’s the right thing to do!”

Now, it’s hard to explain. No one understands. But I’m just sick and tired of washing my hands!
It's the same thing at breakfast, and at lunch every day.
It's the same before dinner.
I know just what they’ll say:

“Wash your hands,” mom will say.
“You’ve been playing all day!”
“Wash your hands,” dad will say.
“Be a good boy now, okay?”

“Wash your hands, wash your hands now before you sit down!
For your hands are all dirty from running around!”
But it’s not only before I eat that they say to wash my hands. When I come from the bathroom, I hear the same commands:

“Wash your hands,” my mom says. “Do it now that you’re done!”
“Wash your hands,” my dad says. “Be a good boy won’t you, son?”

“Wash your hands, wash your hands. It’s the right thing to do. Yes, you must wash your hands after you tinkle or poo!”
Today we went shopping, 
my mother and me. 
We went to the mall. 
There was so much to see!

While mom shopped for food, 
I went off to explore, 
and I soon found the toys 
that I’ve seen there before!

I played with a truck, 
and I played with a ball. 
I played with a bear, 
yes, I played with them all!

I touched and I held 
every toy in the store. 
I never got tired. 
I wished there were more!

Oh, how I wished we could stay! 
Oh, how I wished I could play! 
So many toys in the store. 
I could play there all day!
We came home from shopping by late afternoon. I knew that my mom would start dinner real soon.

Yes, we came home from shopping with all kinds of plans, with all kinds of foods, and all different brands.

But when I tried to help with the boxes and cans, my mom quickly told me, “Young man, wash your hands!”

“Wash your hands,” my mom said. “You’ve been playing in the store!” “Wash your hands,” my mom said. “Then you can help me some more.”

“Wash your hands, wash your hands Wash them then let me look! For your hands must be clean to touch the food that we cook!”
My mom says all children should play and have fun, but to live in a home means there’s work to be done.

So, each day in the morning my own special chore is to throw out the trash in the bin by the door.
My chore is now done and I head to my room. My mom has been sweeping the floor with a broom.

When she sees me walk by just as fast as I can, she stops me and tells me, “Young man, wash your hands!”

“Wash your hands,” my mom says. “For I know where they’ve been.” “Wash your hands,” my mom says “And then show me your skin.”

“Wash your hands, wash your hands. Wash them well and don’t cheat! If your hands are not clean then your chore’s not complete!”
Wash your hands!
Wash your hands!
Yes, I hear it all day.

Wash your hands!
Wash your hands!
Both for work and for play.

And I do what mom says,
for I know she loves me.
But why must I wash
when there’s no dirt to see?
Then one day I learned from my teacher at school something brand new, and something real cool.

“If you want to be healthy,” Ms. Smith said that day, “then listen really closely to what I’ll now say.”

“Today we’ll be learning new words and new terms. Today I’ll be teaching you all about germs!”
“Germs make you cough and germs make you sneeze, and germs sometimes cause different kinds of disease.”

“Germs make you sick if your body’s not strong. To stop germs you must know what’s right and what’s wrong.”
“First, germs are so tiny and germs are so small, no matter how close you look you won’t see them at all.”

“So, even if your hands look as clean as a pin, there’s a chance that some germs are right there on your skin!”
“Germs like to live where there’s dirt to be found. Germs like to live in the trash on the ground.”

“Germs like to live anywhere that’s not clean. Germs like to live anywhere they’re not seen.”

“Germs can be found in bathrooms and stalls in stores in the malls in garbage and cans and by touching these things germs can get on your hands.”

“Yes, germs can be found everywhere that you go. So, to keep yourself healthy here’s what you must know.”
“When germs touch your hands when you work or you play, they stay on your hands ‘til you chase them away.”

“They stay on your hands while awake or asleep They stay on your hands while you bake or you sweep!”

“They stay on your hands, but not only on you! For whatever you touch will get germs on it too!”

And then, our school nurse walked in dressed in light blue. Nurse Anne smiled at us, and said, “Yes, class, it’s true!”

Ms. Smith asked Nurse Anne, “Are germs easily spread?” Nurse Anne nodded her head, and then here’s what she said:
“If you open your mouth when you cough and you sneeze, then the germs in your nose will fly into the breeze!”

“From your nose to the air to your friends standing there, others breathe in the germs, so you’d better take care.”

“If you cover your mouth with your hands when you cough Germs will stick to your hands until you chase them off!”

“From your mouth to your palm, from your palm to your mom, then to Mary and Jane, and Dick, Harry and Tom!”
“There’ll be germs on your hands after you tinkle, poo and flush. Those germs from your hand stick to whatever you touch.”

“From your hand to your pen, from your pen to your friend... Yes, your hands must be clean if you borrow or lend!”
“If there are germs on your hand when you’re eating, it’s true, that along with your food you’ll be eating germs too!”

“From your hand to your food, from your food into you! Yes, your hands must be clean before you touch what you chew!”

“The germs in the air on the pen and the food can make you quite sick and put you in a bad mood!”
“When you cough and sneeze wrong, germs are easily spread, but I’m going to teach you the right way instead!”

“The best way to do it to cause the least harm is cough into your sleeve, or sneeze into your arm.”

“It’s the best way to cough to keep germs out of the breeze. It’s the best way to sneeze so you don’t spread disease.”

“But if you forget, there is always a trick, a way to stop those bad germs from making you sick...”
“Wash your hands,” nurse Anne said for there might be germs there. “Wash your hands,” nurse Anne said. “Even if you can’t see where.

“Wash your hands before you eat. Wash your hands after you play. For germs will stay on your hands until you wash them away!”

“Wash your hands, wash your hands Wash them well and don’t cheat! For when your hands are really clean then those germs you can beat!”

“Now I’ll show you the way to wash your hands right! I’ll show you the right way to make them clean and bright!”
“First, wet your hands with water that’s the way that you should start. Wetting hands with water helps the soap to do its part.”

“Each finger must be soapy. Yes, each finger must get wet. Wash in between, plus front and back and nails too, don’t forget!”

“To make sure you wash long enough to get hands clean and nice, don’t stop until you’ve sung yourself the Happy Birthday song twice!”

“Then use a paper towel first, to dry your hands just right. Then use that paper towel next, to close the faucet tight!”
Wow! Thanks to Ms. Smith, and thanks to Nurse Anne, I now feel much better about washing my hands!

I also know now that my mom is so smart! She’s been keeping me healthy and safe from the start!

With all that I learned about germs on that day, I’m doing more things to help keep germs away!

I start with my room and help keep our house clean. Because I know now germs can’t always be seen!
My little brother, Dinn, is too young to know why but, I check his diaper now whenever I hear him cry!

For I know that germs live where there's tinkle and poo
So, I change Dinn's dirty diaper to stop germs there too!
And now when I use the bathroom each day
I wash my hands well
To keep germs away!

And because I know now what I didn’t know then,
I know I must wash them again and again!
When Dinn wants to play,
I know what to think.
I ask him to wait
and go straight to the sink

I know germs will stay
‘till I wash them away.
So, I wash my hands well,
before we can play!

For I know that my germs
can get passed to another
So I keep my hands clean
to protect my young brother!

And because I know now
it’s the right thing to do,
I wash my hands well
even after we’re through!
I know that germs get passed around
to all the things I touch,
like spoons and plates,
and pens and friends,
and forks and food and such.

So, before I sit down
yes, before I can eat,
I wash my hands well
and these days I don’t cheat!

And no one has to tell me.
Now I do it on my own.
My mom and dad are proud of me.
They say that I have grown!
I feel like I’m a super hero keeping germs away!
I feel like I’m Germ Stopper Boy, and this is what I say:

*I wash my hands before I eat.*
*I wash them when my chore’s complete.*
*I wash them well after I play.*
*Those little germs I’ll send away!*

Let’s all become germ stoppers
For it isn’t hard to do!
Just wash your hands, yes wash your hands
And you can stop germs too!
Imagine if you shared this book with every boy and girl! We all could be germ stoppers in each country of the world!
Germ Stopper Test:

List 4 times you should you wash your hands:

1. ____________________________

2. ____________________________

3. ____________________________

4. ____________________________
How this book was created

The idea for this book first tickled my imagination on October 7, 2011 at 11:30 am during an Infection Control Continuing Education class here at the Commonwealth Health Care Corporation here on Saipan. The topic that day was “Hand Washing.” Our Nephrology Unit Director, Dr. Sherleen Osman, finished her slide presentation and discussion with a picture of a little girl with her hand outstretched in the universal stop sign. The caption of the picture was “Germ Stopper,”

“Hey! Wait a minute,” I thought to myself. “That caption could be the title of a book!” It sparked this story that I hope will entertain, educate and empower young minds around the world!

Riza Ramos

p.s. I even sketched my own version of the slide this drawing during the meeting:
Also available from Riza Ramos:

The Boy Who Dreamed to Be With His Parents on Saipan

Emmanuel “Eman” Ramos, the Germ Stopper Boy, lives on the island of Saipan.
You can read about his first adventure in The Boy Who Dreamed to Be with His Parents on Saipan.

www.RizaRamosBooks.com
Riza Ramos is a nurse by profession. She is also the author of *The Boy Who Dreamed To Be With His Parents On Saipan* as well as *Drinking Seawater* (a typhoon Soudelor memoir). Riza lives with her husband and two children. (Photo: Mike Ronesia Photography)

Rodante Guarda graduated from high school with the “Best Artist” award. He worked on Saipan in 2005 and illustrated several books for local authors including the Bilingual Chamorro Books. His work includes greeting cards, contributions to the now defunct Pinoy Komix series, and the famous Ada Gymnasium mural on Saipan. He also worked in Qatar for two years as an illustrator. Rodante works as a freelance artist and lives with his family in his hometown in Bataan, Philippines.