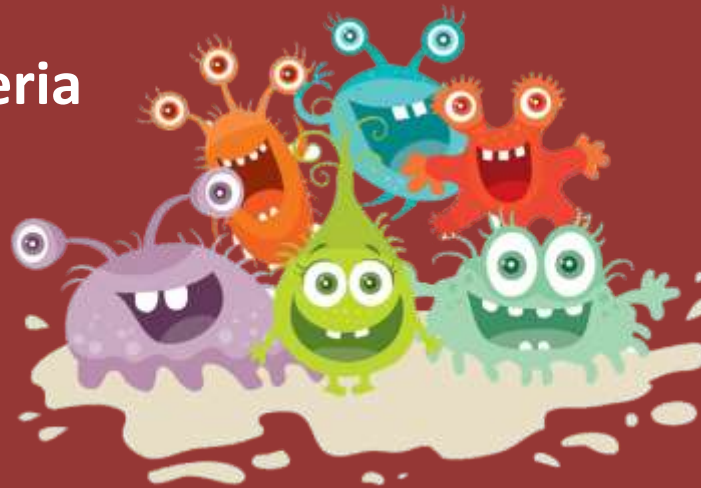


Suzie's Sanitation Survival Guide

Part 1: Microbes & Bacteria

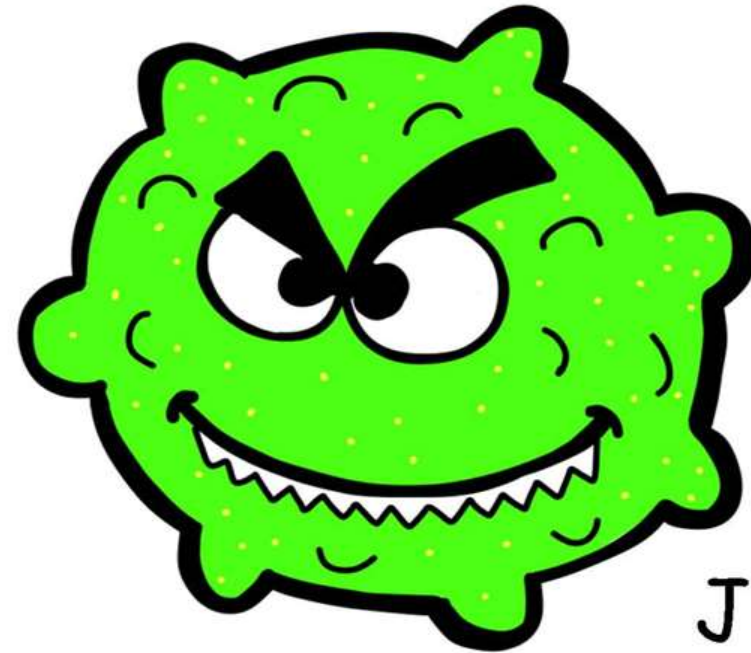


By Mikenzie Cade

This is Mike and Jeremy, they are both tiny organisms called microbes.

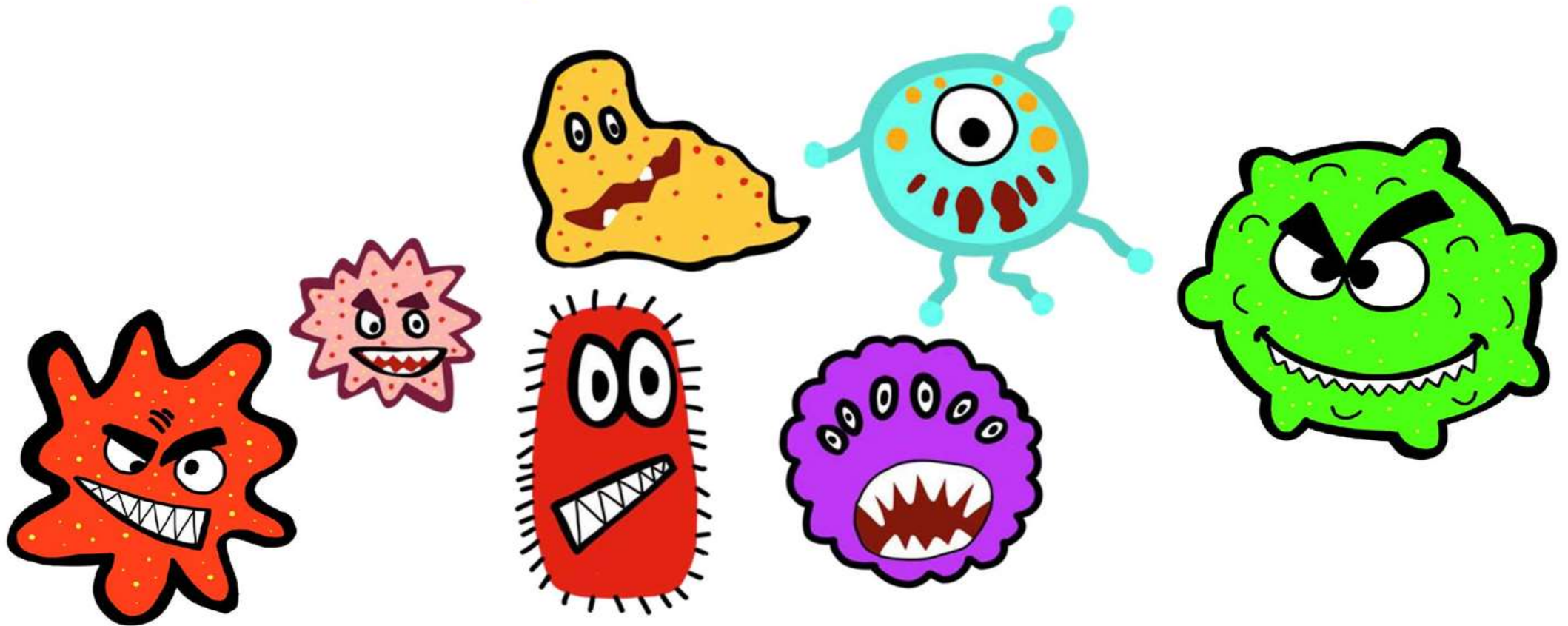


Mike



Jeremy

But **FIRST**, what is a **MICROBE**?

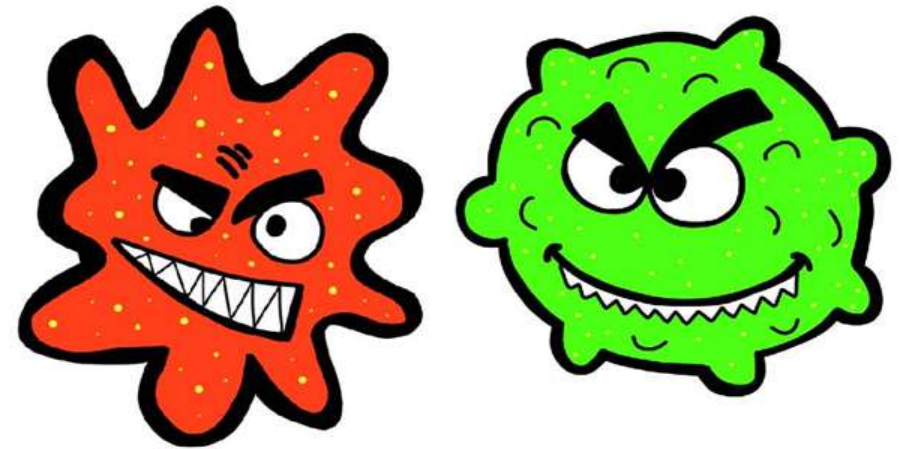
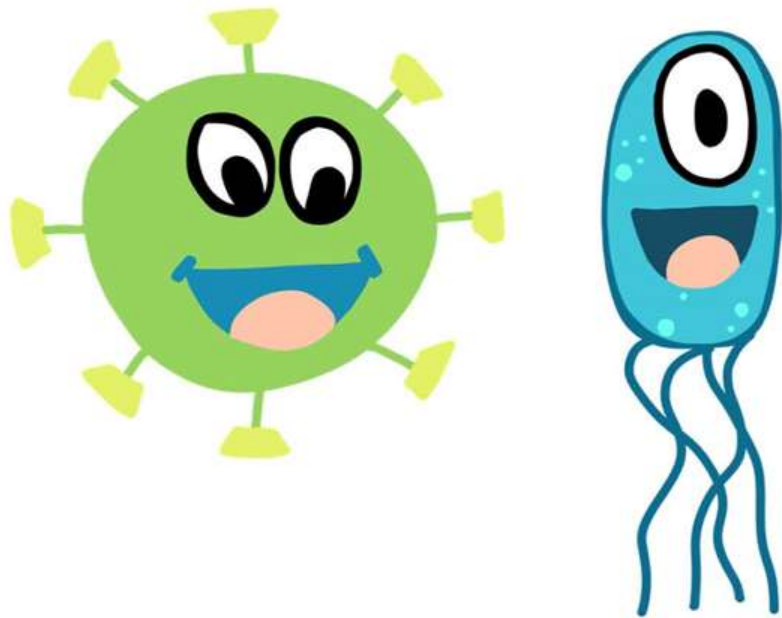


A microbe is a tiny creature that you need a microscope to see.



There are good microbes and there are bad microbes.

Good Microbes



BAD Microbes

Mike and Jeremy are bad microbes
and they can hurt you.



They are tiny and you cannot see them, but they are there!



We like to hang out on dirty things!!



Microbes like Mike and Jeremy are everywhere.



germs are everywhere

There are trillions and trillions of microbes all over the Earth.



One very common place microbes are found is in the bathroom.



When our hands are dirty, microbes from our hands can move to our food, water, and other places.



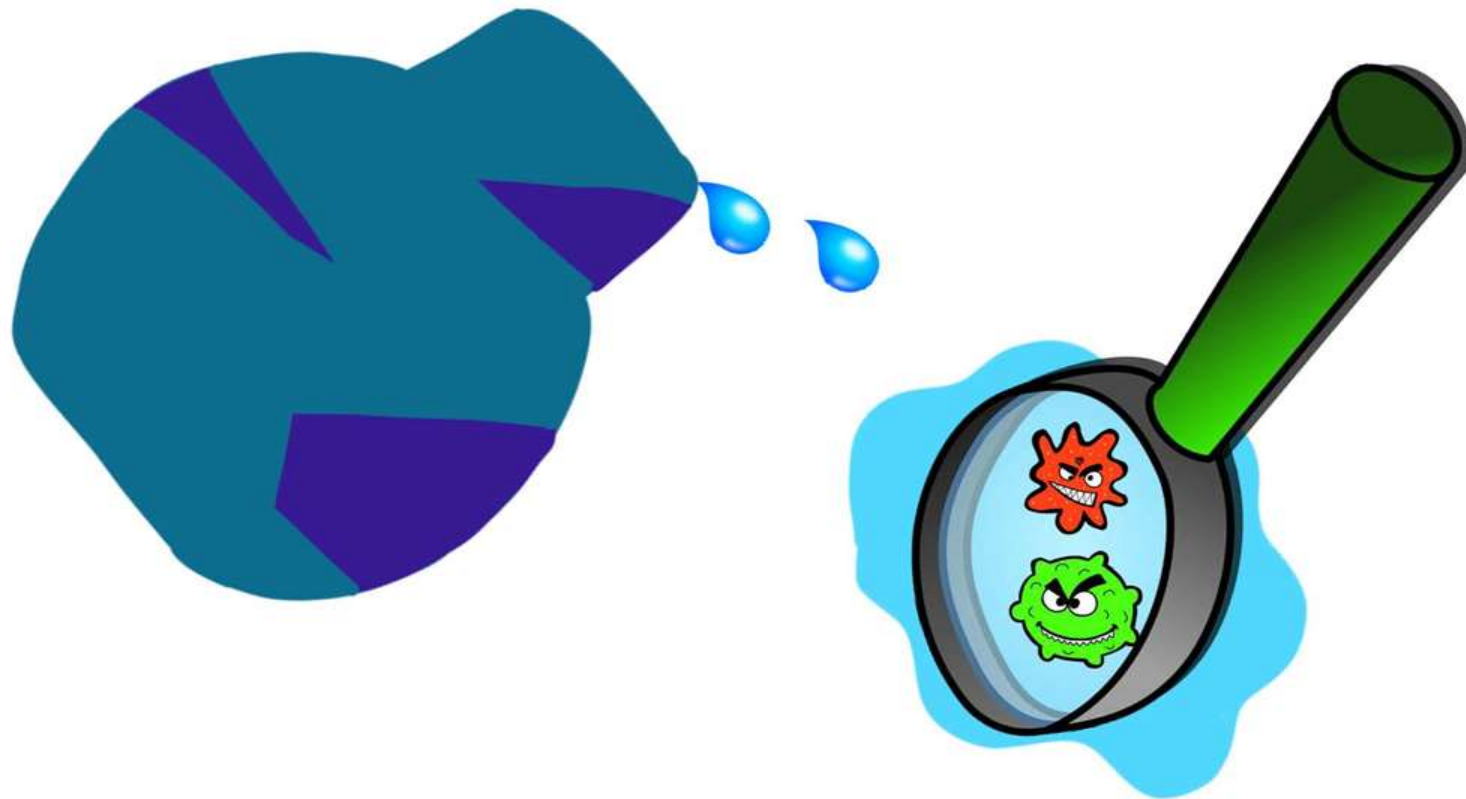
This is Janie.



Everyday, Janie walks to the well to get water.



Unlike other days, this time, the water had microbes like Mike and Jeremy in it.



Janie did not know that the water had bad microbes in it.



Janie had a glass of water...

Within a few hours, Janie began to feel very sick.



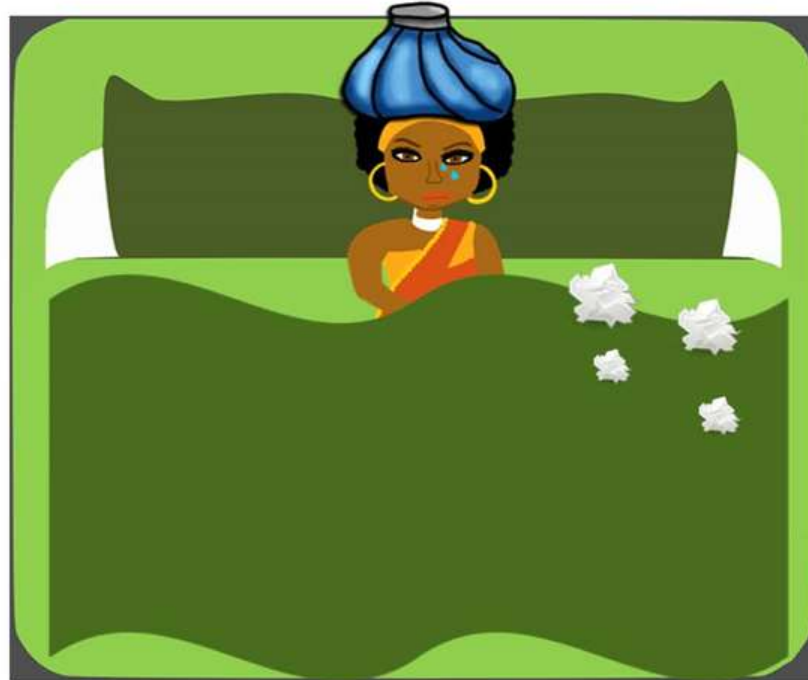
Janie had a fever and diarrhea.



By the next day, she was vomiting and had a lot of stomach cramps and pain.



Janie became very ill and dehydrated.

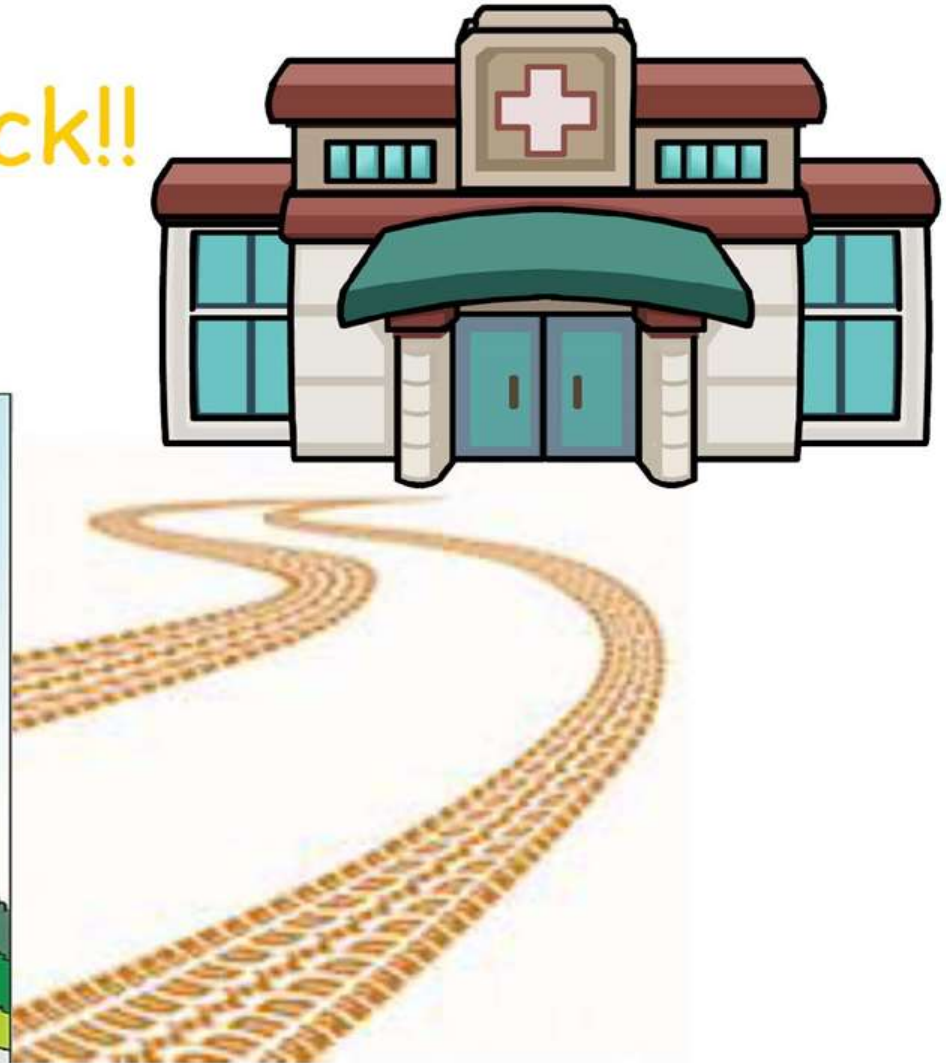


If she doesn't see a doctor soon, she could get very sick!



I think I need to go to the doctor!

But Janie was in luck!!



She saw a doctor immediately and was able to get antibiotics to treat her infection.



The doctor told Janie that she has what is called a water-borne disease.



Water-borne diseases are caused by bad microorganisms that get into our water.

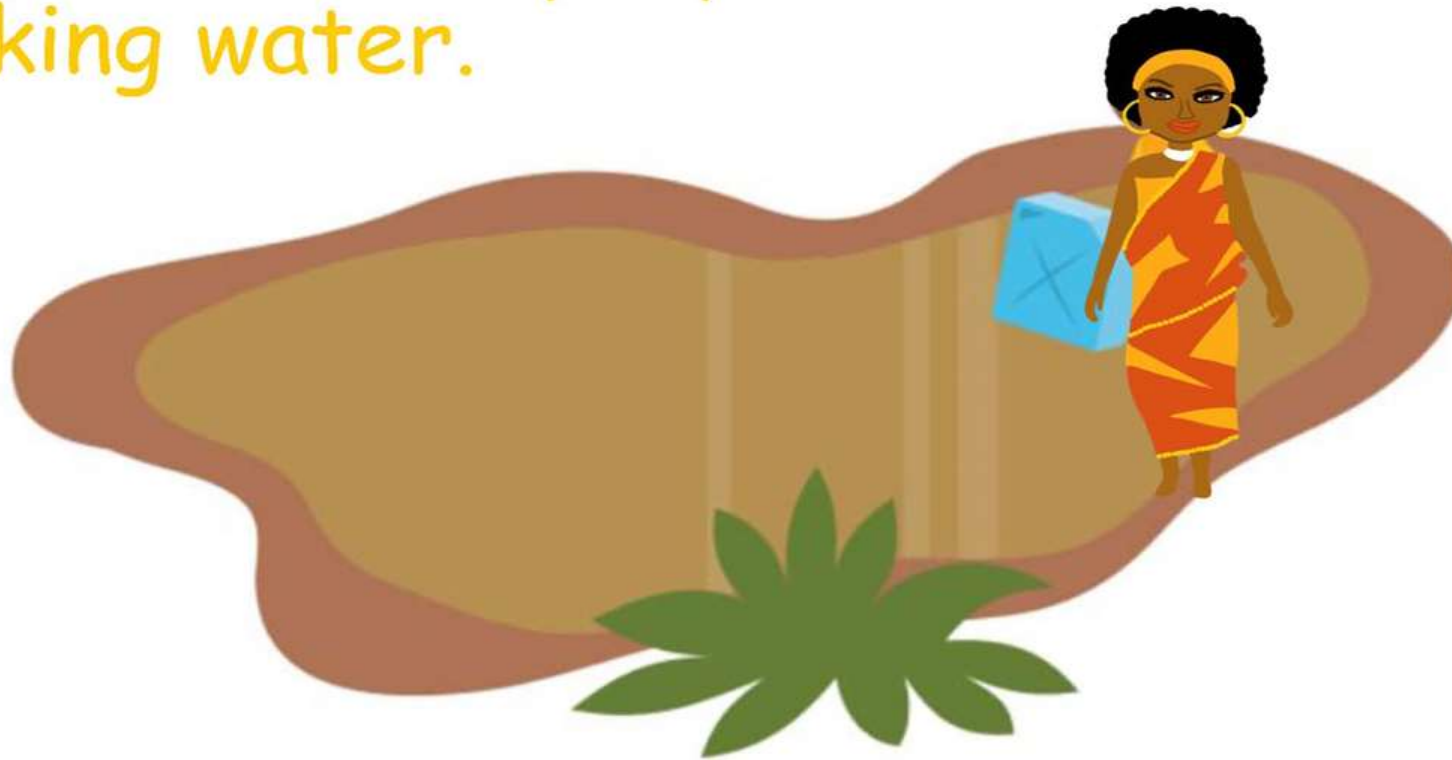


The disease can spread by bathing, drinking, or eating food exposed to dirty water.

He also told Janie it was a good thing she came when she did.



Janie was one of the lucky ones! Each year, 3.4 million people die from unclean drinking water.



If she had not gone to the doctor within 10 days, her illness could have been fatal.



But since Janie was treated with antibiotics, she was good as new within a few days.



Janie Dances for joy because she feels so good.

References:

- http://www.biology4kids.com/files/micro_main.html
- <https://www.webmd.com/a-to-z-guides/features/12-places-germs-lurk#1>
- <https://apps.who.int/iris/bitstream/handle/10665/274939/9789241514705-eng.pdf?ua=1>
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- https://resources.cawst.org/posters_activities_and_videos?page=1&topics=wash%20and%20health

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