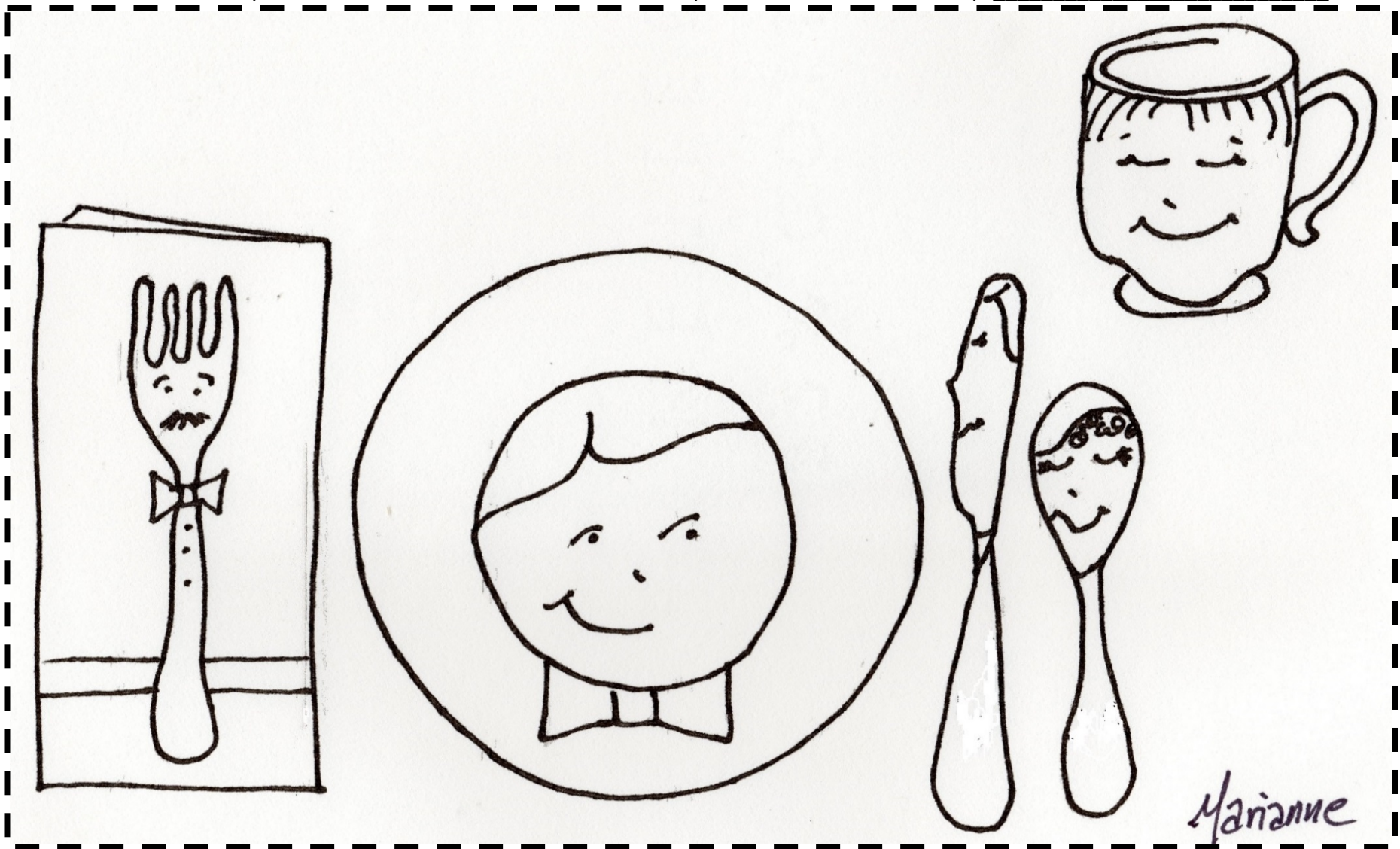
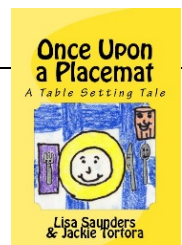


# "Once Upon a Placemat"

Color us in! Wash your hands, set the table, and have a meal "upon" us! Placemat colored by: \_\_\_\_\_



When a young girl can't remember how to set the table, her grandmother tells her a story. Read *"Once Upon a Placemat: A Table Setting Tale"* to learn why the knife keeps a sharp eye on the plate and why the cup insists she and the others get a bath before being shared. Book includes germ prevention tips and a placemat image for coloring. Fairytale written by Lisa Saunders & Jackie Tortora; illustrated by Marianne Greiner. Order in bookstores, [AuthorLisaSaunders.com](http://AuthorLisaSaunders.com), [LisaSaunders42@gmail.com](mailto:LisaSaunders42@gmail.com), or [createspace.com/5967558](https://createspace.com/5967558) (share your colored placemats on [facebook.com/onceuponaplacemat](https://facebook.com/onceuponaplacemat)).



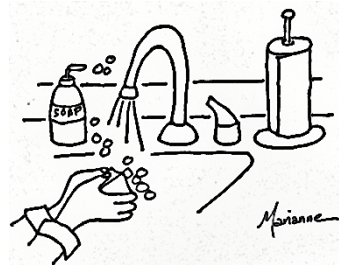
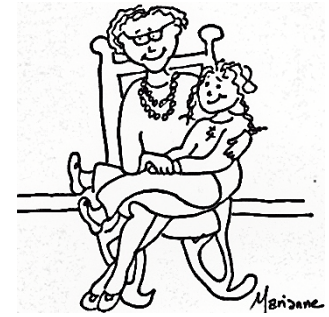
# "Once Upon a Placemat"

Dear Parents, Grandparents and Caregivers:

Please enjoy this placemat and my fairytale, "Once Upon a Placemat," with your children to teach the correct way of setting a table in a fun and memorable way. You can also use "Once Upon a Placemat" as a tool to prevent the spread of infections transmitted by saliva by reminding children never to share utensils, plates and cups with anyone—not even family members—and to be sure to wash their hands before setting the table or eating!  
Lisa Saunders, author and parent representative of the Congenital Cytomegalovirus Foundation: [congenitalcmv.org](http://congenitalcmv.org)

**Did you know there are many diseases spread through saliva?** These include:

- Respiratory infections including influenza and croup.
- Strep throat, tonsillitis, and scarlet fever.
- Mononucleosis, commonly known as the "kissing disease," caused by the Epstein-Barr virus.
- Cold sores, caused by herpes simplex virus-1.
- Hand, foot, and mouth disease, caused by a strain of Coxsackie virus.
- Leading viral cause of birth defects, congenital (meaning present at birth) cytomegalovirus (CMV)—the most common cause of nonhereditary sensorineural hearing loss in childhood. Congenital CMV can also cause developmental disabilities. According to the CDC, congenital CMV causes one child to become disabled every hour. Infants and children who are infected with CMV after birth rarely have symptoms or problems. (More on prenatal infections: [cdc.gov/features/prenatalinfections](http://cdc.gov/features/prenatalinfections))



**How should you wash your hands?** According to the CDC ([www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)):

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
  - Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them.
- If soap and running water are not available, use alcohol-based hand gel.

This placemat is brought to you by:

## Group B Strep International

*Promoting awareness and prevention of group B strep (GBS) disease in babies before birth through early infancy*

During pregnancy, contact your provider **immediately** if you experience either:

Decreased or no fetal movement after your 20<sup>th</sup> week

Any unexplained fever

After your baby is born, have **everyone** wash their hands thoroughly before handling your baby!

Once born, babies can become infected by GBS through several months of age by sources other than the mother.

Make sure **everyone** who takes care of your baby knows the symptoms of GBS infection and how to respond. Please visit

<http://www.groupbstreptinternational.org/recognize-the-symptoms-of-infection/>.

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