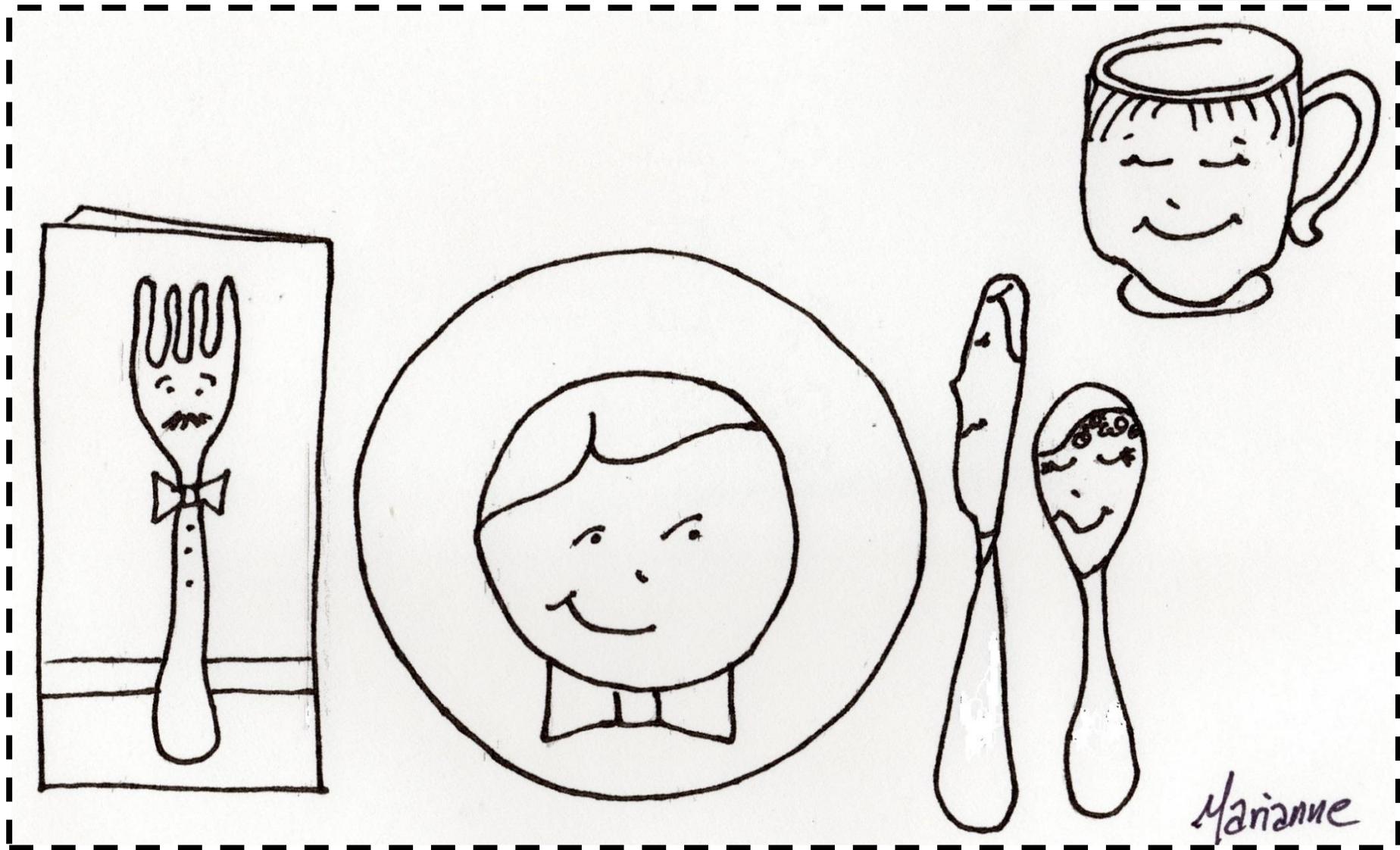
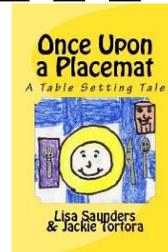


# "Once Upon a Placemat"

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 book in shops, Amazon or [AuthorLisaSaunders.com](http://AuthorLisaSaunders.com). For author visits, or to order larger printed placemats in bulk, contact: [LisaSaunders42@gmail.com](mailto:LisaSaunders42@gmail.com). Share your colored placemats--take a photo of it and upload to: [facebook.com/onceuponaplacemat](https://www.facebook.com/onceuponaplacemat).



# "Once Upon a Placemat"

Dear Parents, Grandparents and Caregivers:

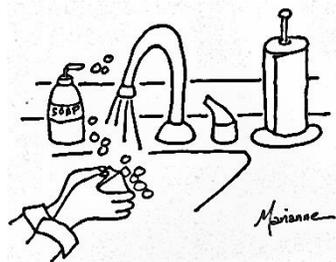
Please enjoy this placemat and my book, "Once Upon a Placemat: A Table Setting Tale,," with your children to teach the correct way of setting a table in a fun and memorable way. You can also use "Once Upon a Placemat" as a tool to prevent the spread of infections transmitted by saliva by reminding children 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.
- The #1 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 in the U.S.

**How can you protect your unborn baby from congenital CMV?** The risk of getting CMV through casual contact is small--it is generally passed to others through direct contact with body fluids, such as urine and saliva. CMV is often being shed by apparently healthy toddlers. Therefore:

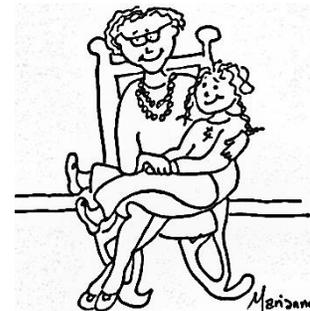
- Avoid putting your child's food, utensils, drinking cups, and pacifiers in your mouth.
- Kiss your children on the forehead or cheek instead of the lips.
- Wash your hands after changing diapers, wiping runny noses, picking up toys. (More: [cdc.gov/features/prenatalinfections](http://cdc.gov/features/prenatalinfections))



**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.



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