

Hollywood PUS

www.NationwideChildrens.org/STINKYU

Your body sends white blood cells to surround and kill bacteria in a zit or blister. They float in a body fluid called serum that makes the pus liquid-y.

Into a small zipper-type plastic bag, place...

- 1 Tablespoon Shortening = SERUM
- 1/2 teaspoon Flour = DEAD SKIN CELLS
- 1/2 teaspoon Powdered Sugar = WHITE BLOOD CELLS
- 1/2 teaspoon dry Mustard Powder = BACTERIA



Zip up the bag and mash it all together.
Cut a tiny hole or pin prick in the corner of the bag.
Squirt it out onto a paper towel or paper plate. Ewwwww!

Real pus comes with **real bacteria**,
so if you find yourself with a
pimple (pustule) don't pick it!
Wash your hands often so you
don't spread the infection!



Hollywood PUS

www.NationwideChildrens.org/STINKYU

Your body sends white blood cells to surround and kill bacteria in a zit or blister. They float in a body fluid called serum that makes the pus liquid-y.

Into a small zipper-type plastic bag, place...

- 1 Tablespoon Shortening = SERUM
- 1/2 teaspoon Flour = DEAD SKIN CELLS
- 1/2 teaspoon Powdered Sugar = WHITE BLOOD CELLS
- 1/2 teaspoon dry Mustard Powder = BACTERIA



Zip up the bag and mash it all together.
Cut a tiny hole or pin prick in the corner of the bag.
Squirt it out onto a paper towel or paper plate. Ewwwww!

Real pus comes with **real bacteria**,
so if you find yourself with a
pimple (pustule) don't pick it!
Wash your hands often so you
don't spread the infection!



Hollywood PUS

www.NationwideChildrens.org/STINKYU

Your body sends white blood cells to surround and kill bacteria in a zit or blister. They float in a body fluid called serum that makes the pus liquid-y.

Into a small zipper-type plastic bag, place...

- 1 Tablespoon Shortening = SERUM
- 1/2 teaspoon Flour = DEAD SKIN CELLS
- 1/2 teaspoon Powdered Sugar = WHITE BLOOD CELLS
- 1/2 teaspoon dry Mustard Powder = BACTERIA



Zip up the bag and mash it all together.
Cut a tiny hole or pin prick in the corner of the bag.
Squirt it out onto a paper towel or paper plate. Ewwwww!

Real pus comes with **real bacteria**,
so if you find yourself with a
pimple (pustule) don't pick it!
Wash your hands often so you
don't spread the infection!



Hollywood PUS

www.NationwideChildrens.org/STINKYU

Your body sends white blood cells to surround and kill bacteria in a zit or blister. They float in a body fluid called serum that makes the pus liquid-y.

Into a small zipper-type plastic bag, place...

- 1 Tablespoon Shortening = SERUM
- 1/2 teaspoon Flour = DEAD SKIN CELLS
- 1/2 teaspoon Powdered Sugar = WHITE BLOOD CELLS
- 1/2 teaspoon dry Mustard Powder = BACTERIA



Zip up the bag and mash it all together.
Cut a tiny hole or pin prick in the corner of the bag.
Squirt it out onto a paper towel or paper plate. Ewwwww!

Real pus comes with **real bacteria**,
so if you find yourself with a
pimple (pustule) don't pick it!
Wash your hands often so you
don't spread the infection!

