

Keeping Your Hands Clean!

When should you wash your hands?

- Whenever your hands look dirty
- Before you eat or touch food
- Before you leave school
- After using the bathroom
- After you sneeze, cough or blow your nose
- After playing or taking care of an animal

How to wash your hands:

- Use warm water and let it run
- Use liquid soap
- Rub your palms, wrists, between your fingers and the back of your hands while counting to 20
- Make sure you clean the tops of your fingernails and scrub under your fingernails
- Rinse your hands very well under warm water and dry them off with a dry towel



Why should you always wash your hands?

You should wash your hands so you don't get sick. Hands have germs on them that are too small to see. Even if your hands don't look dirty, they have germs on them that can make you sick. Cleaning your hands with soap and water will wash away the germs.

Keeping Your Hands Clean...

Word Search



Try to find all 10 hidden words.
They can go up, down or across.
Use the word bank for help!

Word Bank

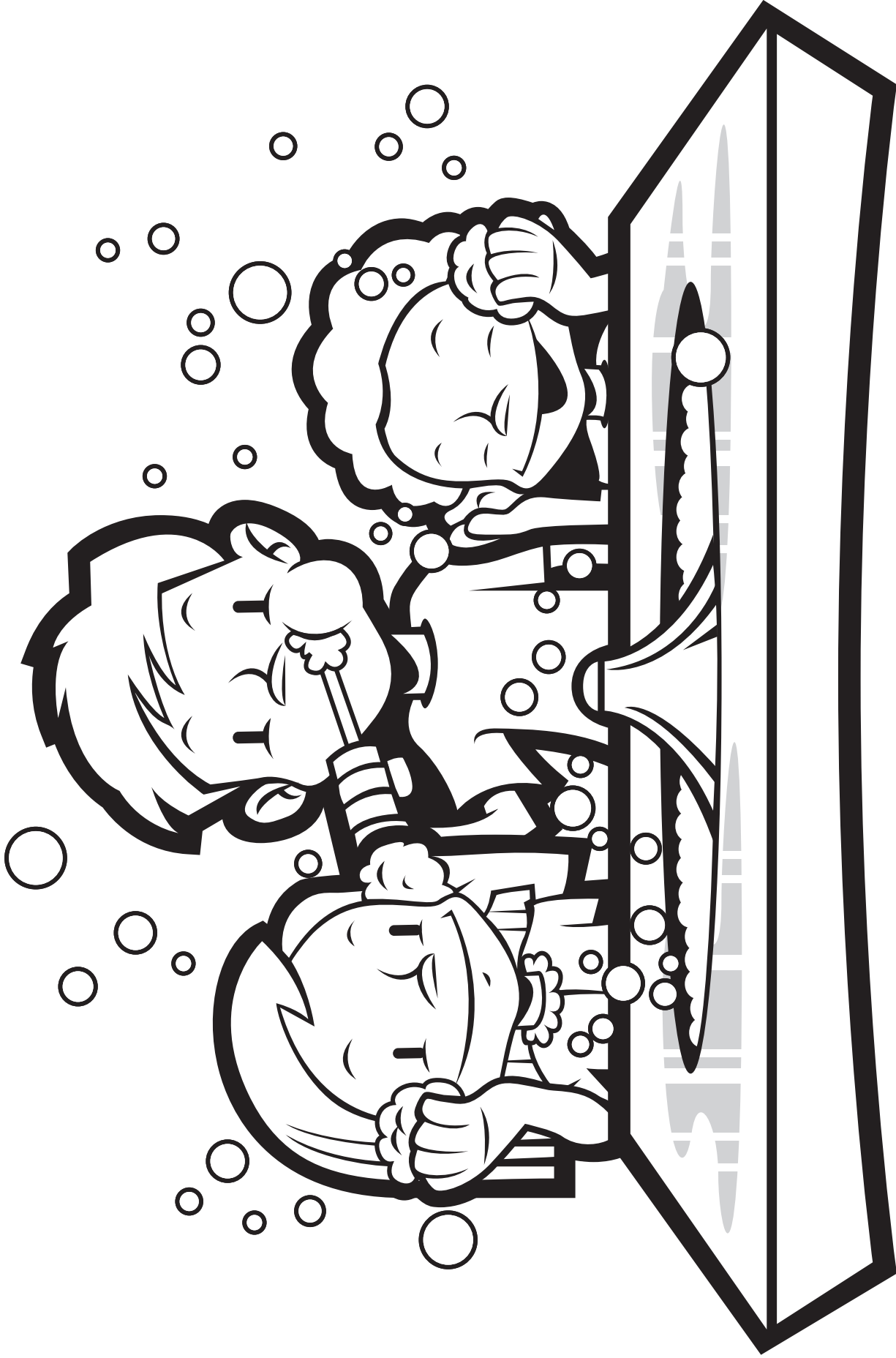
SOAP
WASH
RUB
CLEAN
SICK
HANDS
GERMS
DIRT
WATER
BUGS

A D I S E R S E T
S I C K Q U R S B
O R L Y V B A M U
A T E W A S H R G
P W A T E R P E S
H A N D S I N G E

How long should you wash your hands?

Scrubbing for 20 seconds will kill the germs and get your hands clean.

HINT: Singing the alphabet song once takes about 20 seconds!



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