

Have You Washed Your Hands Today?

We wash our hands before:

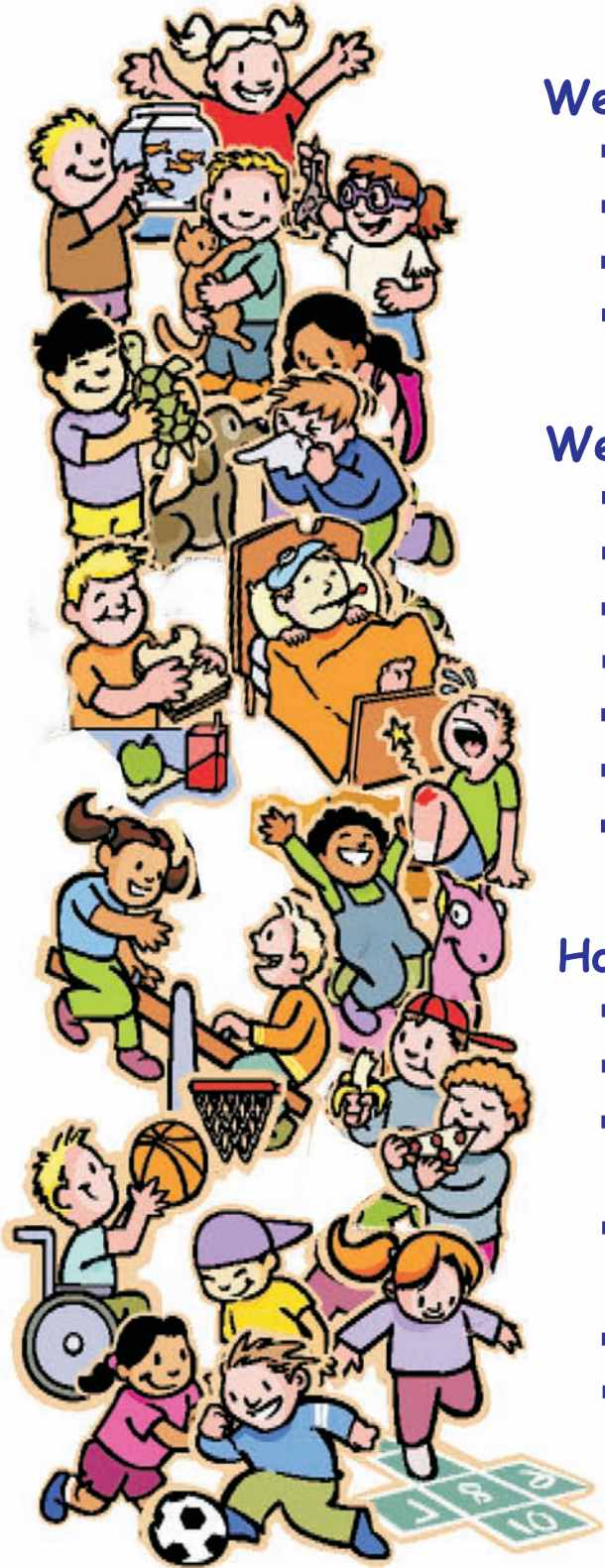
- ➔ touching and eating food and drinks
- ➔ putting a band-aid on a cut or scrape
- ➔ using the bathroom
- ➔ taking care of someone who is sick

We wash our hands after:

- ➔ eating
- ➔ playing
- ➔ using the bathroom
- ➔ coughing, sneezing or blowing our nose
- ➔ touching or feeding pets
- ➔ changing diapers
- ➔ cleaning up our room

How do we wash our hands?

- ➔ use soap and warm water
- ➔ make bubbles by rubbing our hands together
- ➔ scrub our hands for 20 seconds -
(sing the "Happy Birthday" song 2 times)
- ➔ use warm water to rinse the soap and germs off
our hands
- ➔ always use a clean towel to dry our hands
- ➔ turn off the water with a clean paper towel
and throw it away



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