

Let's talk about handwashing!

Why is handwashing so important?

Handwashing removes germs that get on hands. It is the best way to keep germs from spreading and keep yourself healthy.

When should I wash my hands?

- When preparing food
- Before eating
- After coughing, sneezing, or blowing your nose
- After being in a public place
- After caring for anyone who is ill
- After touching bodily fluid
- After using the bathroom or changing a diaper
- After touching or taking care of your pets
- After touching garbage
- Any time your hands feel dirty

Can I just use hand sanitizer?

Soap and water are better. The CDC says that you can use hand sanitizer when soap and water are not available.



Name: _____ Date: _____

Hand Washing Word Search



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

WATER DIRT GERMS HEALTH
 HANDS WASH SOAP TOWEL
 CLEAN FINGERS DISEASE BACTERIA

How should I wash my hands?

1. Wet your hands with clean, running water.
2. Put soap in your hands. Lather your hands by rubbing together. Get between fingers, under nails, and backs of hands.
3. Scrub for at least 20 seconds. (Sing "Happy Birthday" twice.)
4. Rinse under clean, running water.
5. Dry with a clean towel, or air dry.