

DID YOU KNOW?
 Hand washing
 with soap and water can
 reduce sickness by
 up to 45%

WHEN SHOULD YOU WASH YOUR HANDS?



TRY THIS!
 Sing *The Hand Washing Song* below to the tune of *Frere Jacques*. This song lasts about 20 seconds, the amount of time you should spend washing your hands.

Lather with soap
 Rub your palms together
 Now the backs
 Of your hands
 Interlace your fingers
 Cleaning in between them
 Now the thumbs
 Clean your nails



Before eating

After sneezing, wiping your nose, or being around someone who is sick

After riding on the bus

After playing

Before cooking or preparing food

After using the toilet

After taking out the trash or recycling

After taking care of your animals