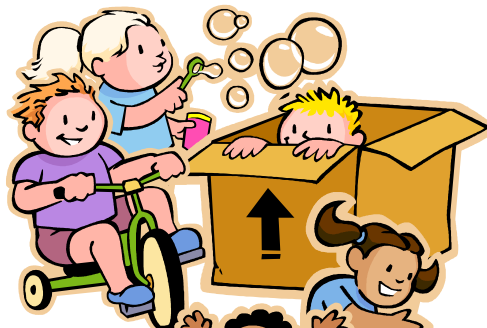
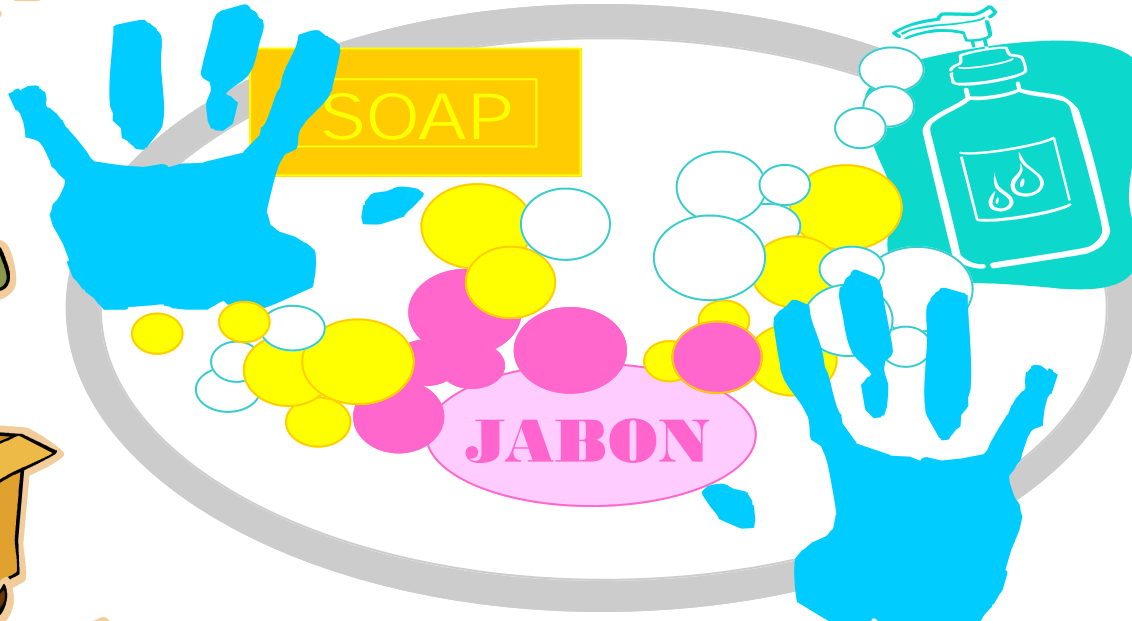
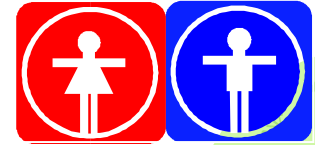


WHY DO WE WASH OUR HANDS?
WHEN DO WE WASH OUR HANDS?
HOW DO WE WASH OUR HANDS?



WE WASH OUR HANDS BEFORE WE . . .

- Eat
- Touch foods, especially foods that will not be cooked
- Touch or bandage a cut or scrape
- Feed children, someone who is ill, or someone very old
- Take care of someone who is ill
- Cook food (with an adult)
- Use the bathroom or help someone else to use the bathroom

WE WASH OUR HANDS AFTER WE . . .

- Eat
- Touch foods, especially raw meats, poultry, fish and eggs
- Play, especially after we play outside (even if we went swimming)
- Use the bathroom or help someone else to use the bathroom
- Cough, sneeze, or blow our noses—or wipe someone else's nose
- Touch cuts, scrapes, sores or rashes
- Touch or feed our pets
- Clean up pet-poop or clean out our pets' dishes, bowls, beds, places where they live
- Take care of someone who is ill
- Clean up our rooms
- Change diapers

WHEN DO WE WASH OUR HANDS WE . . .

- Make bubbles by rubbing our hands together (for 15 to 20 seconds to get rid of germs)
- Sing Twinkle, Twinkle, Little Star, ABC's, or other favorite songs we know for 15 to 20 seconds
- Use warm water to rinse the germs and the soap off of our hands
- Always use clean towels to dry our hands completely

