

U

THINK ABOUT IT

When you...

- › Borrow a pencil
- › Reach for a doorknob
- › Use a computer keyboard or mouse
- › Talk on a phone or cell phone
- › Shake hands or high-five
- › Handle a football, basketball, baseball bat, or barbell

Did the people who touched those items before you have clean hands?

Don't you wish they had washed their hands? Wouldn't the people who will touch those things after you want you to do the same? Have you washed your hands today?

Before you...

- › Pick up a hamburger or eat anything with your hands
 - › Touch your eyes or mouth
 - › Put a band-aid on a cut or sore
- ...do you wash your hands?

After you...

- › Go to the bathroom
 - › Blow your nose, cough or sneeze
 - › Handle garbage
 - › Touch a pet or clean up after a pet
 - › Come in contact with someone who is sick
 - › Rub your nose
- ...do you wash your hands?



clean hands WORD SEARCH

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

can you find these words?

BACTERIA	ILLNESS
CLEAN HANDS	PALMS
DIRT	SINK
FAUCET	SKIN
FINGERNAIL	SOAP
GERMS	TOUCH
HANDWASHING	WATER

handwashing quiz

Check your handwashing IQ with this quiz.
(Answers appear below)

- 1) Just rinsing hands with water will do the job!
True False
- 2) Using hot water will clean your hands best.
True False
- 3) I should wash for at least 15 - 20 seconds.
True False
- 4) I can wash only my palms and fingers and be ok.
True False
- 5) It's best to dry my hands on my jeans.
True False

Answers:

1. False. You need soap to actually get rid of germs on your skin.
2. False. Hot water is too uncomfortable and can make your skin rough and chapped. Warm water is best because you will wash longer.
3. True. Washing at least 15 - 20 seconds will remove most of those germs on your hands. Washing for less time than that won't remove enough germs.
4. False. Germs easily collect on other parts of your hands. Be sure to wash wrists, the backs of your hands and under fingernails too.
5. False. You can but your jeans may be dirty. Clean paper towels are the best way to dry your hands.

why wash?

Most germs are harmless, but you can pick up some that cause illnesses.

When we forget to wash our hands, or don't wash them properly, we can spread germs to other people, or give them to ourselves by touching our eyes, mouth, nose or cuts on our bodies.



Is
Proud to be part of the
Be Wise and Sanitize
Campaign

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Be Wise and Sanitize
CAMPAIGN

**Have You
Washed Your
Hands 2day?**

