

Global Handwashing Day

WHY USE SOAP?

- Soap helps with hygiene, which means staying healthy through actions that prevent disease.
- Soap removes germs better than just rubbing your hands together with water.
- Washing your hands with soap is a habit that helps keep you healthy!
- The simplest way to get disease-causing germs off your hands is to wash with soap and water.

HAVE A
HANDWASHING
PARTY!



1. Get ready!
Roll up your sleeves and get your hands wet, then turn off the faucet.



2. Get soapy!
Rub soap all over your hands until you have some bubbles or foam.



3. Scrub those hands!
Rub your hands together for at least 20 seconds. Sing the Handwashing Song or count to 20 to make sure you give the soap plenty of time to work! Be sure to scrub all the parts of your hands – front, back and your wrists.



4. Rinse germs away!
Use clean water from the faucet to rinse all of the soap off of your hands. Don't forget to turn off the faucet!



5. Dry off!
Shake your hands dry or use a clean towel.

BEFORE OR AFTER?

To stay healthy, you should wash your hands before some activities and after others. Some tasks require washing hands both before and after. Determine if you should wash your hands BEFORE, AFTER or both BEFORE AND AFTER for the following activities. See answers on the back cover.

- Making a snack
- Using the bathroom
- Taking care of a pet
- Going to bed
- Eating
- Blowing your nose
- Helping change a younger sibling's diaper
- Bandaging a cut or other minor injury

HANDWASHING SONG

Can be sung to the tune of Frère Jacques (Are You Sleeping?).

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