Washing Your Hands
There are many different germs around. Germs are so small you can't even see them. Germs can make people feel sick.
The best way to help your body stay healthy and to fight germs is to wash your hands.
Right now, we wash our hands a lot.
You might wash your hands so much that your hands feel dry. If they feel dry, you can put lotion on them.
Adults might keep reminding you to wash your hands. That can feel frustrating, but remember, they are trying to help you stay healthy.
The best way to wash your hands is to use soap and water. Sometimes, adults might give you hand sanitizer to use too.

SOAP

WATER

HAND SANITIZER
Try to keep your hands away from your eyes, nose and mouth.
There are times when it is very important to wash your hands.
If you use the bathroom, then wash your hands.
If you need to sneeze or cough, try to do it into a tissue, throw it out, then wash your hands!
If it is time to eat or drink, wash your hands, eat, drink, then wash your hands again!
If your mask falls down or needs to be adjusted, wash your hands, then fix your mask, then wash your hands again.
If you go to the playground, wash your hands, play, then wash your hands again!
If you go in or out of a building, adults might ask you to wash your hands.
If you take a subway, train, plane or bus, then adults might ask you to wash your hands when you get off.
Your parent or another adult might ask you to wash your hands another time. Remember, they are trying to keep you healthy. You can wash your hands and fight the germs!
Now, let’s review how to wash your hands.
1. First, wet your hands with water.
2. Next, put on the soap.

SOAP
3. Rub your hands together and scrub!

You will see bubbles that look like this.
Make sure you scrub in these places:

1. Palm to palm
2. Between fingers
3. Back of hands
4. Base of thumbs
5. Back of fingers
6. Fingernails
7. Wrists
How long do you scrub for?

If you have something on your hand, make sure you scrubbed enough to wash it off.

You might even sing a song like the Happy Birthday song.
4. Rinse the soap off with water.
5. Dry your hands with a paper towel.
6. Throw the paper towel away.
Don’t forget, there are many things you can do if things feel zoopy.

- Try to wash off a fun stamp, sticky food or even lipstick.
- Teach your parents or siblings how to wash their hands.
- Talk to a parent, family member, teacher or therapist.
- Draw a picture or write about how you are feeling.
- Teach your doll or stuffed animals how to wash their hands.
- Take deep breaths.
- Use a body tool.
Let's work together to stay healthy and wash our hands!