

It's Up To You To Stop The Flu



HAND WASHING



WHY SHOULD YOU WASH YOUR HANDS?



Everyone has lots of germs on their hands. Most of them won't hurt you. But some of them can make you sick if you touch your eyes, mouth, nose or cuts on your body. When you forget to wash your hands, you can spread germs to other people.

You can also pick up germs from things you touch. Think about all the things you touch each day. Now think about how many people may have touched these things before you. If they are not good hand washers, you may have picked up their germs. Yuck! Washing our hands is the best way to keep from getting germs from other people.



WHEN SHOULD YOU WASH YOUR HANDS?

Before you...

- Eat
- Touch foods
- Use the bathroom
- Touch a cut or scrape



After you...

- Cough or sneeze
- Eat
- Play
- Use the bathroom
- Touch a cut or scrape



HOW SHOULD YOU WASH YOUR HANDS?



- Use soap and warm water
- Make bubbles by rubbing your hands together
- Count to 20
- Use warm water to rinse the germs and soap off your hands
- Always use clean towels to dry your hands all the way

