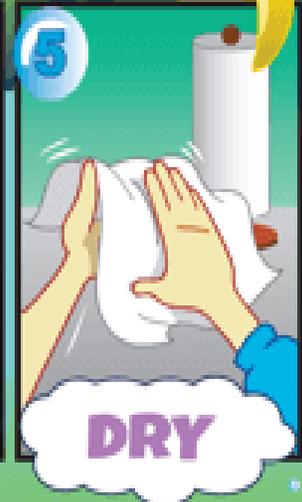


Handwashing is an important hygiene skill and especially important for the prevention of illnesses. This document provides several examples of visuals that are helpful in teaching and reminding children about the steps of thorough hand washing.



HOW TO WASH

Handy's 5 steps for
clean hands



Let's Wash Our Hands!

Whooshy washy!
Wet our hands
Under running water

Add some soap and
Rub them hard
Don't miss any part!

Between our fingers
Under the nails
Rid germs without fail

Front and back
And round the wrist
No germs will be missed!

They may hide
But we shall seek
So we will not fall sick!

Splishy splashy
Bye bye germs
Down the drain they squirm

With clean towels
We dry our hands
Now let's show our friends!

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Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

Remember to wash our hands:



After using
the toilet



After sneezing
or coughing



After playing
with pets



After sports or
playing outside



Before eating



HAND WASHING

Turn On Water



Wet Hands



Get 1 Pump Of Soap



Scrub Hands



Rinse All Soap Off



Dry Hands

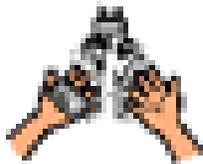




Washing hands



Water on



Hands wet



Rub hands with soap



Rinse



Water off



Dry