

Hand Washing

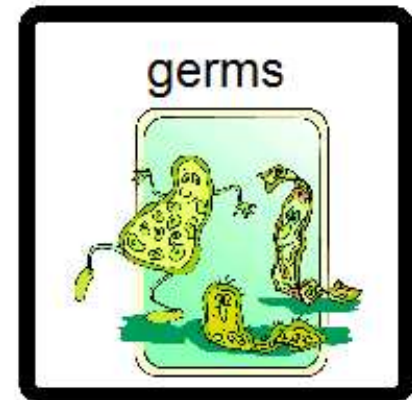


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EASY LEARNING **Books**



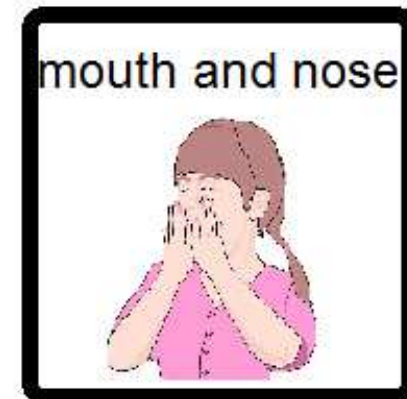
Let's learn about washing our hands.



When should we wash our hands? We wash our hands when they get dirty. We need to wash our hands properly so germs won't make us sick.



We wash our hands after using the bathroom.
Even the cleanest bathrooms can be full of germs!



We wash our hands after we touch our mouth and nose. We touch our mouth and nose a lot when we sneeze, especially when we have seasonal allergies or a cold.



We also need to wash our hands before making food. When you make a meal for yourself or others, you want to make sure your hands are germ free.



We need to wash our hands before eating. Good hygiene before meals is very important to keep you from getting sick.



Let's learn the proper steps for hand washing. First, we need to wet our hands. Make sure the water is nice and warm.



Next, put some soap on your hands. It is best to use an anti-bacterial soap because it is made to help get rid of germs.



Then, rub your hands together to make lather with the soap. Make sure to get lather in between your fingers, the back of your hands, your nail beds, and on your wrists.



After you have rubbed the lather all over, rinse your hands well under running water.



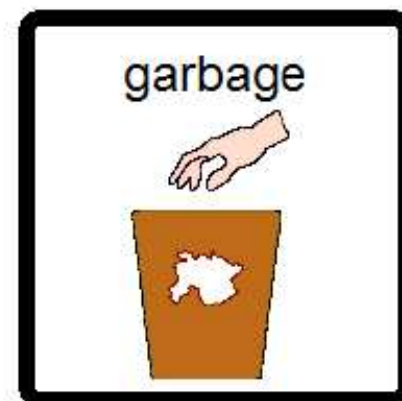
Make sure to keep your hands pointed down so you don't splash yourself!



Next dry your hands well using a disposable paper towel.
You're almost done!

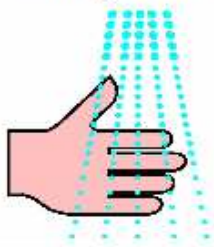


Then, be sure to turn off the faucet using a paper towel.
You can use the same paper towel you dried your hands with.

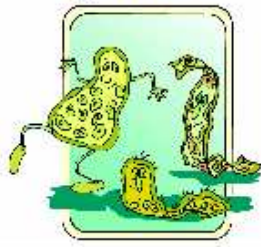


Last, put the paper towel in the garbage.
Clean hands are very important, so wash up!

washing hands



germs



bathroom



mouth and nose



making food



eating



wet hands



soap



rub hands



rinse hands



don't splash



dry hands



turn off faucet



garbage

