

**DID YOU KNOW?**  
 Hand washing  
 with soap and water  
 can reduce sickness  
 by up to 45%

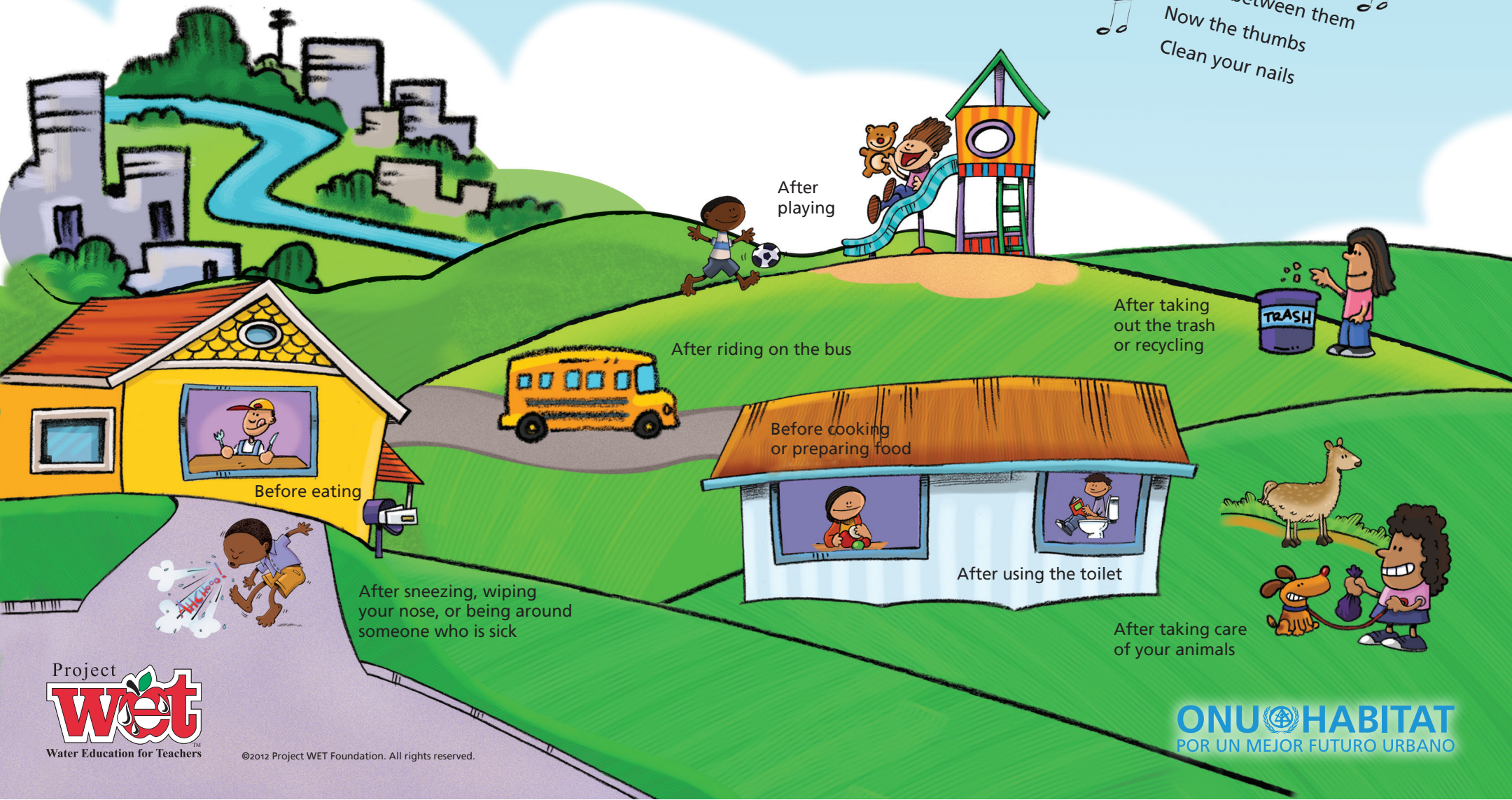
# WHEN SHOULD YOU WASH YOUR HANDS?



## TRY THIS!

Sing *The Hand Washing Song* below to the tune of *Frere Jacques*. This song lasts about 20 seconds, the amount of time you should spend washing your hands.

- 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



Before eating

After playing

After riding on the bus

After taking out the trash or recycling

Before cooking or preparing food

After using the toilet

After sneezing, wiping your nose, or being around someone who is sick

After taking care of your animals