

**WHY DO WE WASH OUR HANDS?
WHEN DO WE WASH OUR HANDS?
HOW DO WE WASH OUR HANDS?**



We wash our hands before we . . .

Eat

Touch foods, especially foods that will not be cooked

Touch or bandage a cut or scrape

Feed children, someone who is ill, or someone very old

Take care of someone who is ill

Cook food (with an adult)

Use the toilet or help someone else to use the toilet

We wash our hands after we . . .

Eat

Touch foods, especially raw meats, poultry, fish and eggs

Play, especially after we play outside (even if we went swimming)

Use the bathroom or help someone else to use the bathroom

Cough, sneeze, or blow our noses—or wipe someone else's nose

Touch cuts, scrapes, sores or rashes

Touch or feed our pets

Clean up pet-poop or clean out our pets' dishes and beds

Take care of someone who is ill

Clean up our rooms

Change diapers

When we wash our hands we . . .

Make bubbles by rubbing our hands together

Sing our ABC's, or other favorite songs we know

Use warm water to rinse the germs and the soap off of our hands

Always use clean towels to dry our hands completely

