

WHY? WHEN? 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 . . .

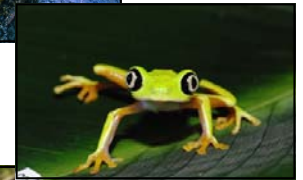
- Eat
- Touch foods, especially raw meats, poultry, fish and eggs
- Play, especially after we play outside (even if we went swimming)
- Use the bathroom or help someone else to use the bathroom
- Cough, sneeze, or blow our noses—or wipe someone else's nose
- Touch cuts, scrapes, sores or rashes
- Touch 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 soap off of our hands
- Always use clean towels to dry our hands completely

We do not touch We tell an adult when we see or find . . .

- Any kind of needle, scissors, broken glass, or other sharp things
- Any kind of rubber, pill bottle, or other yucky things



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