

Dear Parents,

**Washing hands thoroughly and often is one of the best ways to prevent disease. Children and adults should wash their hands frequently throughout the day.**

Page 2 - *Germs can make you sick.* Germs, such as bacteria and viruses, are so small you cannot see them. You can get germs anywhere – from touching pets, other people, or objects such as door knobs.

Page 3 - *Wash away germs.* Washing with soap and running water is the best way to remove germs. Teach children to wash their hands before eating, after toileting, after blowing their noses, and any time their hands are dirty.

Page 4 - *Lather up with soap.* Rub this lather between fingers, over palms and back of hands, and around fingernails for at least 10 seconds. Encourage children to sing a familiar song while they rub to help “time” their hand washing.

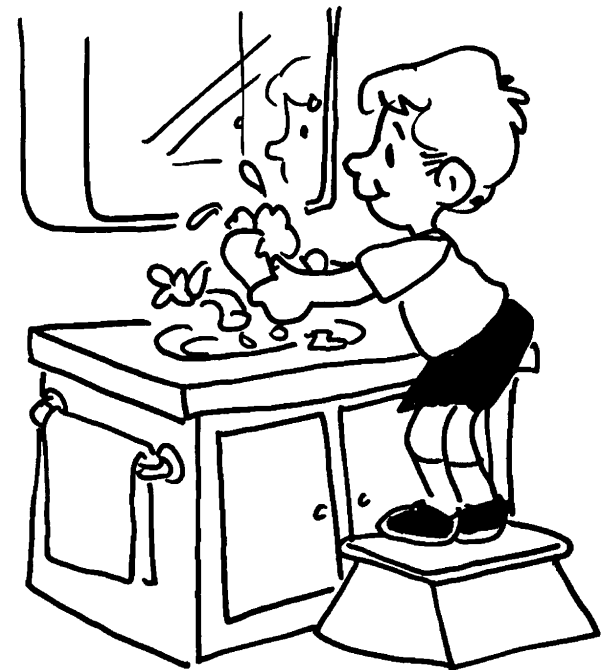
Page 5 - *Send germs down the drain!* Rinse your hands under warm running water. Be sure and check the water temperature; children’s skin can burn easily.

Page 6 - *Dry your hands.* Use a clean towel or a paper towel to dry little hands. Show children how to use the air dryers found in some restrooms.

Page 7 - *Keep it clean.* Put the used paper towel in the trash can.

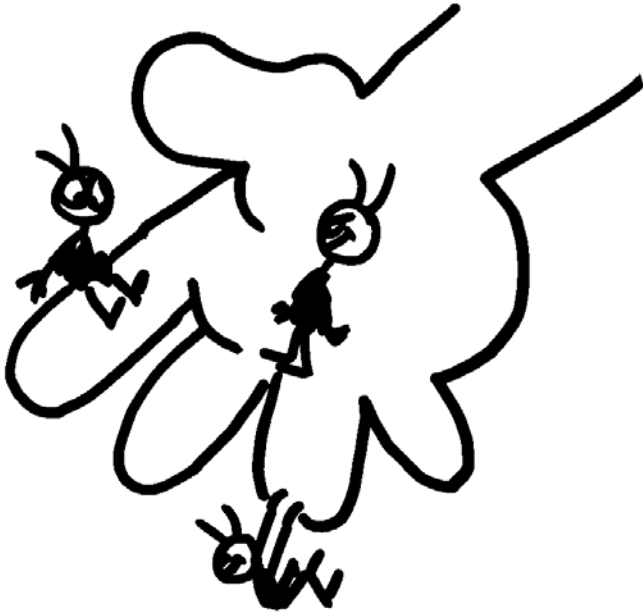
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# Lather up!



Part of the *HIP on Health* series  
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Germs can make  
you sick.



You get germs on your  
hands when you touch  
things. Germs are  
very small and you can  
not see them.

Keep it clean.



Put the used paper  
towel in the trash can.

Use a clean towel or a paper towel to dry your hands.



Some places have air blowers to dry your hands!

You can wash away germs with soap and water.



Wash your hands before eating, after toileting, and after blowing your nose.

**Rub soap all over your hands. Make a lot of lather and bubbles.**



**Rub all over, under, and between fingers.**

**Send germs down the drain!**



**Rinse your hands under running water.**