

LATHER

UP!

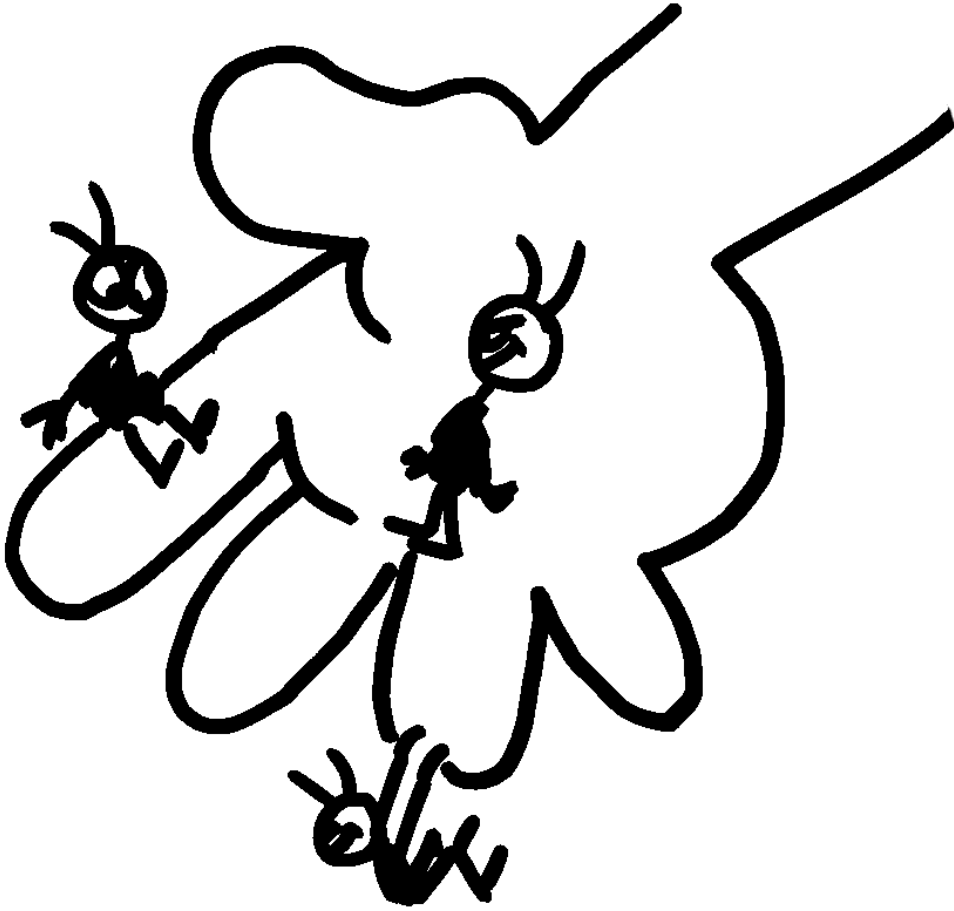


Part of the *HIP on Health* series
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CHILD HEALTH INFORMATION
and PREVENTION RESOURCES

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.

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.**

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



Some places have air blowers to dry your hands!

Keep it clean.



Put the used paper
towel in the trash can.

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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