FIGHT GERMS.
WASH YOUR HANDS!

Created by:
EGUSD
Student Support and Health Services
OVERVIEW

- Why do we wash our hands
- When should we wash our hands
- How to wash your hands
WHY DO WE WASH OUR HANDS

Handwashing:

- Gets rid of germs
- Avoid getting sick
- Prevent the germs from spreading to family and friends
- Germs are on all objects and surfaces we touch; tables, doorknobs, toys, pets, etc.
WHEN SHOULD WE WASH OUR HANDS

- Before, during and after preparing food
- Before and after eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, feeding an animal, or cleaning up after an animal
- After touching garbage
- After playing outside and playing video games
HOW TO WASH YOUR HANDS

- WET your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

- LATHER your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

- SCRUB your hands for at least 20 seconds. If you don’t have a clock, sing the “Happy Birthday” song twice, or the ABC’s.

- RINSE your hands well under clean, running water.

- DRY your hands using a clean towel or air dry them.
HANDWASHING VIDEOS

Preschool-2nd grade

- https://www.youtube.com/watch?v=w_RwRoiwe6Q&feature=related
- https://www.youtube.com/watch?time_continue=1&v=TCBoDZrTncg

3rd – 6th grade

- https://www.youtube.com/watch?v=hD5i3I99mac
- https://www.youtube.com/watch?v=V7LUOFKEShU

7th – 12th grade