

FIGHT GERMS. WASH YOUR HANDS!



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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=hD5i3l99mac>
- <https://www.youtube.com/watch?v=V7LUOFKEShU>

7th – 12th grade

- <https://www.cdc.gov/cdctv/healthyliving/hygiene/fight-germs-wash-hands.html>