



# HAND WASHING!

Washing your hands is the most important thing you can do to keep from getting sick.

You should wash your hands with soap and warm water for 20 seconds. Count, or sing the Alphabet Song or Happy Birthday! You should wash your hands 8 times a day.

Before and after what activities should you wash your hands?

Before \_\_\_\_\_

Before \_\_\_\_\_

Before \_\_\_\_\_

Before \_\_\_\_\_

After \_\_\_\_\_

After \_\_\_\_\_

After \_\_\_\_\_

After \_\_\_\_\_



**Star Your Suds!** Give yourself a star for each time you wash your hands today.  
 Did you reach 8? Watch two other people. Give them stars for each time they do too!

Myself	Person #1	Person #2