

# Handwashing

## THE WHEN, WHY & HOW

**Hands are visibly dirty.**

### *When?*

#### **Before**

- \* Cooking & After Preparing Food.
- \* Eating
- \* Touching your Eyes, Nose or Mouth

#### **Before & After**

- \* Taking care of someone who is sick.
- \* Taking care of a cut or wound.

#### **After**

- \* Going to the Bathroom.
- \* Blowing your Nose, Coughing, or Sneezing.
- \* Touching an Animal, it's Food, Bowl or Droppings.
- \* Touching Trash

### *How?*



1. **WET** your hands.
2. Use soap into a **LATHER**.
3. **SING** the "Happy Birthday" song twice while scrubbing your hands.
4. **SCRUB** every part of your hands, & fingers.
5. **RINSE** away soap & dirt.
6. **DRY** hands with a clean towel.

### **BE A GERM BUSTER**

Handwashing is the **BEST** way to keep from getting a cold.

Wash your hands for at least 20 seconds.

Use hand sanitizer when washing your hands is not an option.



### **WHY?**

**REMOVE DIRT**

**STOP THE SPREAD OF GERMS**

**STAY HEALTHY**



**School Health Alliance**  
FOR FORSYTH COUNTY

*Keeping students healthy, fit and ready to learn.*