STAY HEALTHY!
Wash your hands!

HEALTHY B.A.S.I.C.S.
(**B**uilding **A**ctive **S**trategies to **I**nform **C**hildren in **S**chool)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

For additional information, contact:

Children's Health Fund

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HEALTHY B.A.S.I.C.S.
HAND WASHING

WHEN TO WASH YOUR HANDS

After You

- Play with animals
- Use the bathroom
- Use the phone
- Sneeze
- Play with toys
- Play outside
- Come home
- Use the computer

Before You Eat

HOW TO WASH YOUR HANDS

STEP 1
Wet hands with water.

STEP 2
Put soap on hands.

STEP 3
- Fingers
- Fingernails
- Back of hands
- Wrists

COUNTING TO 20
Rub hands together while counting slowly to 20. Make sure you get the back of your hands, wrists, fingers, and your fingernails.

STEP 4
Wet hands with water to take off soap.

STEP 5
Dry hands!

Washing your hands helps keep you healthy.

GERMS

Germs live everywhere – on your skin, hair, teeth, clothes, toys, dogs, cats, and home.

There are good germs and bad germs.

Bad germs will make you sick, cough, and sneeze.

Bad germs can spread to your family and friends.

Get rid of bad germs by washing your hands.