

**STAY  
HEALTHY!**  
Wash your hands!

## HEALTHY B.A.S.I.C.S.

(Building Active Strategies to Inform Children in School)

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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The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

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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**

**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!



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.**

**Washing your hands helps keep you healthy.**