Hand Washing

**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.

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**WHEN TO WASH YOUR HANDS**

**After You**

- Play with animals
- Use the bathroom
- Use the phone
- Sneeze
- Play with toys

**Before You Eat**

- Play outside
- Come home
- Use the computer

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.

**When to Wash Your Hands**

- After you play with animals
- After you use the bathroom
- After you use the phone
- After you sneeze
- After you play with toys

- Before you eat
- Before you play outside
- Before you come home
- Before you use the computer
Wet hands with water.

Put soap on hands.

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

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.