

When do we wash our hands?



A READ-OUT-LOUD guide for parents and teachers.

1. We wash our hands **BEFORE** we...

- Eat, share, or cook food
- Touch a cut or scrape
- Get close to someone who is sick

2. We wash our hands **AFTER** we...

- Eat, share, or cook food
- Play
- Touch or feed pets
- Use the toilet
- Cough, sneeze, or blow our nose
- Touch a cut or scrape
- Get close to someone who is sick

3. We follow these **TIPS** when we wash our hands:

- Rub our hands together to make bubbles
- Sing the ABCs or Happy Birthday
- Use warm water and soap
- Use clean towels to dry our hands

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