**DID YOU KNOW?**

Hand washing with soap and water can reduce sickness by up to 45%.

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**WHEN SHOULD YOU WASH YOUR HANDS?**

- After taking out the trash or recycling
- After using the toilet
- After playing
- After sneezing, wiping your nose, or being around someone who is sick
- After riding on the bus
- Before eating
- Before cooking or preparing food
- After taking care of your animals

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**TRY THIS!**

Sing The Hand Washing Song below to the tune of Frere Jacques. This song lasts about 20 seconds, the amount of time you should spend washing your hands.

Lather with soap
Rub your palms together
Now the backs Of your hands
Interlace your fingers
Cleaning in between them
Now the thumbs
Clean your nails

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