WASH YOUR HANDS!

Handwashing is the most important way to reduce the spread of germs that make people sick. In fact, it can reduce the amount of respiratory illness by 21% and digestive illnesses by 31%. These diseases can be particularly severe or life-threatening for babies and children, the elderly, and those with weakened immune systems, such as cancer patients. Make hand-washing a priority, but also fun by singing while hand-washing or by using fun soaps. Wash your hands several times a day including:

1. After playing with pets.
2. After using the restroom.
3. After sneezing, blowing your nose, and coughing.
4. After playing outside.
5. Before and after touching a cut or open sore.
6. Before and after eating or preparing food.

Below is the correct procedure for washing hands correctly:

1. Wet your hands with warm water.
2. Lather up with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for 20 seconds (about the time it takes to say the alphabet slowly or the happy birthday song twice).
4. Rinse your hands well under warm, running water.
5. Dry your hands using a clean towel.
6. Before and after eating or preparing food.
7. After sneezing, blowing your nose, and coughing.
8. After using the restroom.
9. Before and after touching a cut or open sore.

Singing while hand-washing or by using fun soaps.

Wash your hands several times a day including:

- After sneezing, blowing your nose, and coughing.
- After using the restroom.
- Before and after eating or preparing food.
- After touching a cut or open sore.
- Before and after touching a cut or open sore.
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