

Teaching Kids How to Wash Their Hands...

- * You should wash your hands for approximately 20 seconds.
- * A good reminder for children is to sing the Happy Birthday song twice

Other songs you can...

(Beat of Row Row Row Your Boat
Sung 2 Times)

*Wash, wash, wash your hands
Play our handy game,
Rub and scrub, and scrub and rub,
Germs go down the drain. Hey!*



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NorthWest Bergen
Regional Health Commission

Good Public Health Grows a Stronger Community

The Importance of Hand Washing



**Brought to you by:
North West Bergen
Regional Health
Commission**

When To Wash Your Hands

- 1 - After Using the Bathroom
- 2 - Before Making or Eating Food
- 3 - After Working Outside
- 4 - After Petting Animals
- 5 - When You Arrive Home
- 6 - After You Blow Your Nose
- 7 - If they look, feel or smell unclean

What Is A Germ?

- * Germs are tiny organisms or living things that can cause disease. Germs are so small and sneaky that they creep into our bodies without being noticed. They are so tiny that you need a microscope to see them.
- * A lot of germs that get into our bodies start out on our hands. That is why it is so important that we wash our hands to remove germs.

Proper Hand Washing Techniques

FIGHT GERMS BY WASHING YOUR HANDS!

1 Wet your hands

2 Soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Turn off tap

6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands