

Name: _____

The Right Way to Wash Your Hands

You've been told to wash your hands before you eat. You know you must wash your hands after going to the bathroom. You should wash your hands many times during the day. They may not look dirty, but they have germs on them. Long ago, people believed that evil spirits caused sickness. Today we know that many illnesses are caused by germs. Germs are also called bacteria and viruses. They are too small for you to see. They are found everywhere. They are on your hands all the time. Do you know the right way to wash your hands?



1. Wet your hands and turn the water off. Rub your hands with soap. **Always use soap.** Soap may not kill all the germs, but it does wash away the oils on your skin. As the oil is washed away, the germs go down the drain with it!

2. You should wash for 15 - 20 seconds. You can sing the ABC song. By the time you get to the last note, your hands will be clean! Rub your hands together. Rubbing loosens the germs so the water can wash them away. Rub the palms together. Use one hand to rub the back of the other hand. Then switch. Rub between your fingers. Rub under and around your fingernails.

3. Use warm water if you can. Warm water will get rid of more germs than cold water. Rinse all the soap away. Then dry your hands carefully.

You know how important it is to wash your hands. Washing with soap and warm water can get rid of many germs on your skin. It will keep you from getting sick as often. It will keep germs from being passed from you to other people. Maybe they'll be as careful about washing their hands as you are! Then they won't pass their germs on to you!

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Questions

1. Today we know that many illnesses are caused by _____.

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- _____ 2. _____ are also called bacteria and viruses.
- A. soap and water
 - B. rats and mice
 - C. flies and insects
 - D. germs
- _____ 3. Which two words mean almost the same thing?
- A. illness, sickness
 - B. wash, rinse
 - C. germs, insects
 - D. water, soap
4. Put these steps for hand washing in the correct order.
- _____
- A. Wet your hands and turn the water off.
 - B. Rub your hands for twenty seconds while you sing the ABC song.
 - C. Rinse all the soap away.
 - D. Rub your hands with soap.
- _____ 5. When should you wash your hands?
- A. after you go to the bathroom
 - B. before you eat
 - C. many times during the day
 - D. all of the above
- _____ 6. Why is it helpful to wash your hands?
- A. You wash away germs that might make you sick.
 - B. You wash away germs that might pass to other people and make them sick.
 - C. Both A and B
- _____ 7. You should wash your hands before you eat only if they look dirty.
- A. false
 - B. true
- _____ 8. You should turn the water off while you are rubbing your hands with soap.
- A. true
 - B. false
- _____ 9. Germs are too small to see, but they can make you sick.
- A. true
 - B. false
- _____ 10. You should wash your hands quickly for about five seconds.
- A. true
 - B. false
- _____ 11. Singing what song will help you wash your hands for the right amount of time?
- A. America
 - B. My Country Tis of Thee
 - C. The ABC song

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How many of these can you write about? Think! Write! Check all the ones you answered.

- Write a letter to a friend that tells why it is important to wash his or her hands many times during the day.
- Write a letter to a friend that tells the right way to wash his or her hands.
