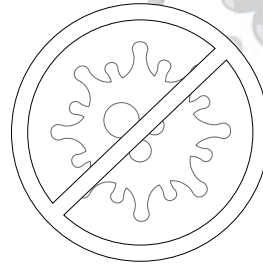# Wash Your Hands

Learning and Activity Sheet

Washing your hands often can help prevent the spread of germs and disease!

HOW GERMS SPREAD

Find and circle the seven words in the puzzle below.

O	E	S	N	R	O	M	E	E	E	T	H	S	G
S	N	A	O	H	U	U	O	H	T	E	Y	E	S
W	M	U	S	T	S	Z	T	T	S	E	E	B	U
E	T	A	E	O	S	O	W	L	W	U	E	S	S
E	W	N	S	E	N	U	O	U	H	M	Z	U	H
E	H	M	B	E	E	T	T	U	H	M	N	C	S
L	S	G	T	S	E	N	M	O	A	U	E	G	H
B	T	A	C	M	Z	A	S	N	U	E	R	E	T
O	S	A	H	O	E	U	M	I	U	C	T	R	U
W	E	H	Z	O	U	E	O	O	Y	W	H	M	O
W	S	M	T	E	S	G	M	O	N	E	S	S	M
H	S	C	B	O	Z	W	H	M	Y	Z	T	R	E
B	O	S	U	H	S	G	O	H	W	E	O	C	R
H	S	Y	E	S	E	U	S	S	I	T	H	U	O

When you wash your hands, you stop the germs that can get you sick!

Don't touch your eyes, nose and mouth with unwashed hands.

Always use your elbow or a tissue when you need to cough or sneeze.

WORD BANK

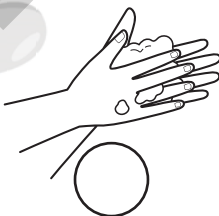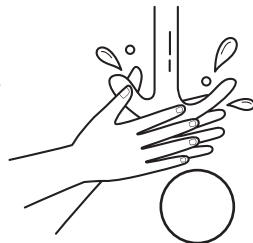| EYES	ELBOW	COUGH
GERMS	NOSE	WASH
SNEEZE	TISSUE	
TOUCH	MOUTH	

THE 5 STEPS TO WASHING YOUR HANDS

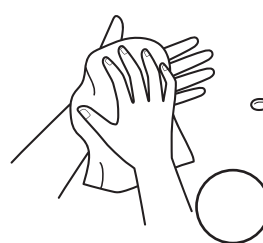The steps to handwashing are out of order! Write 1, 2, 3, 4 or 5 next to each image below to show the correct order.

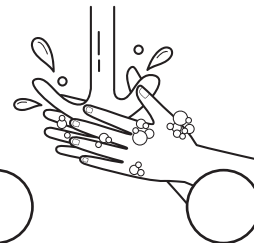Lather and scrub for 20 seconds

Wet hands with water

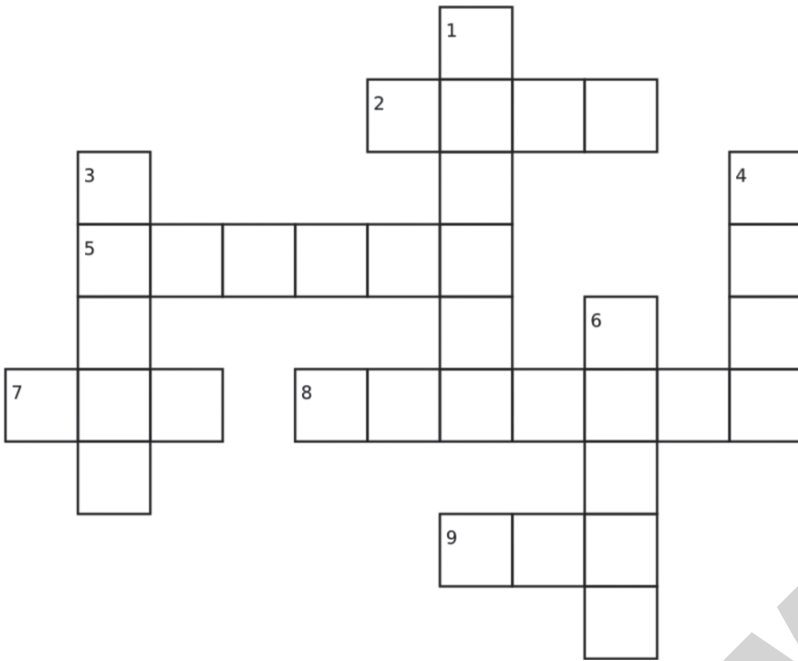Dry hands with clean towel

Rinse hands with water

Put soap on hands

WHEN SHOULD YOU WASH YOUR HANDS?

Washing your hands before and after every activity helps stop germs from spreading. Find the missing words in each sentence and fill in the crossword puzzle.

DOWN

1. After going to the bathroom and using the _____ .

3. Before and after playing in_____, like swimming in a pool.

4. After blowing your_____, coughing, or sneezing.

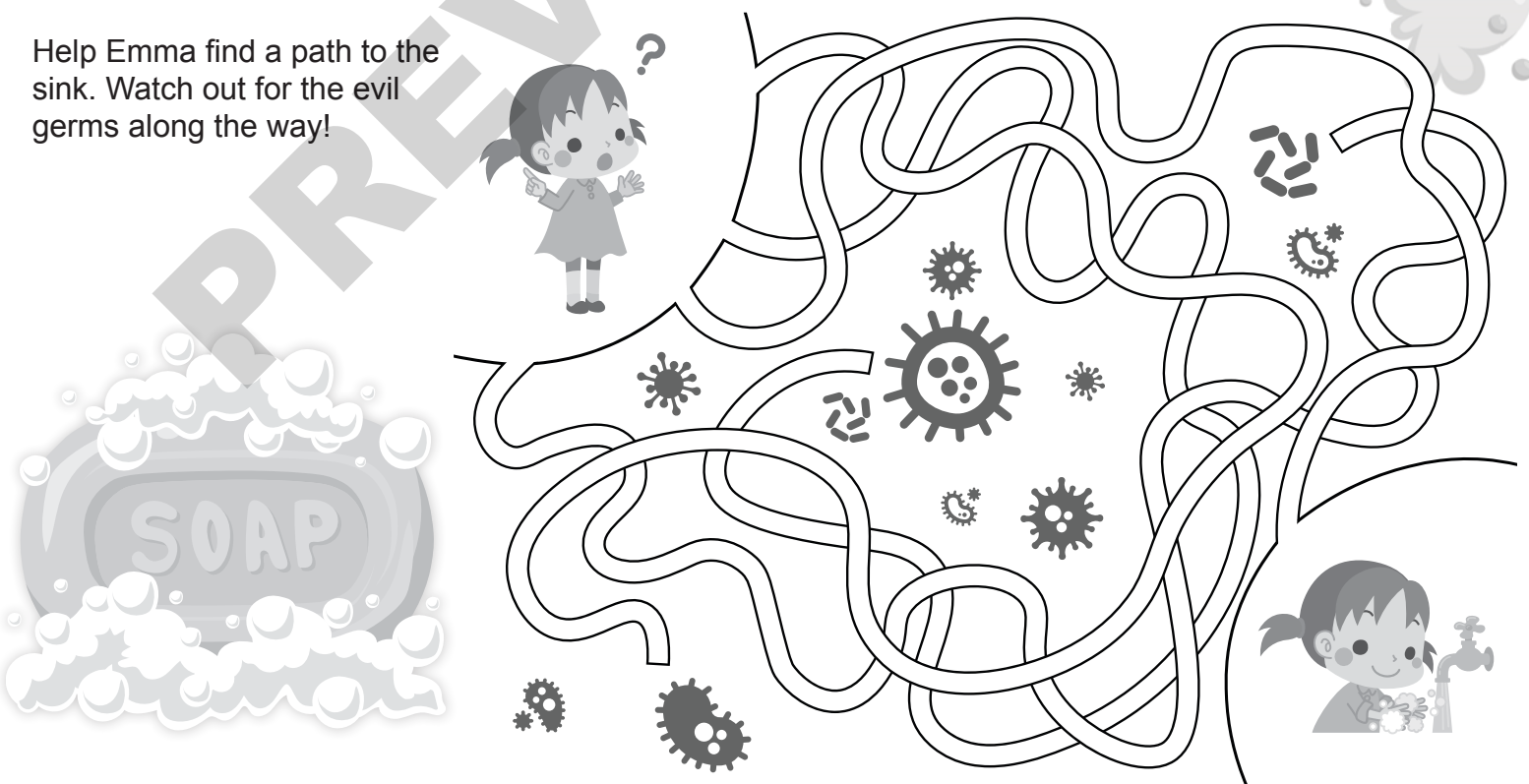6. If your hands are_____ or have something on them.

Across

2. Before you_____, like baking cookies.

5. After playing with an _____ or pet.

7. After handling _____ food or pet treats.

8. After playing_____, like sports or with friends.

9. Before and after you _____ something, like an apple or sandwich.

EMMA NEEDS TO WASH HER HANDS

Help Emma find a path to the sink. Watch out for the evil germs along the way!

20 SECONDS TO CLEAN HANDS!

Always remember to wash your hands for at least **20 seconds**

Singing the alphabet or the "Happy Birthday" song twice is a fun way to pass the time and make washing your hands fun!

"ABCD EFG"