

PROTECT YOUR HEALTH!

WASH YOUR HANDS AND COUGH CORRECTLY

Why is it important to wash your hands?



Washing our hands is very important because it helps us stay healthy.

Germs are tiny little bugs that we can't see; they live in the air when we sneeze, in dirty water, in the ground, and on many other things we touch.

If we don't wash our hands, those germs can get into our bodies and make us feel sick, possibly causing fever, stomach pain, or the flu.

When we wash our hands with soap and water, we get rid of those germs and prevent getting sick."

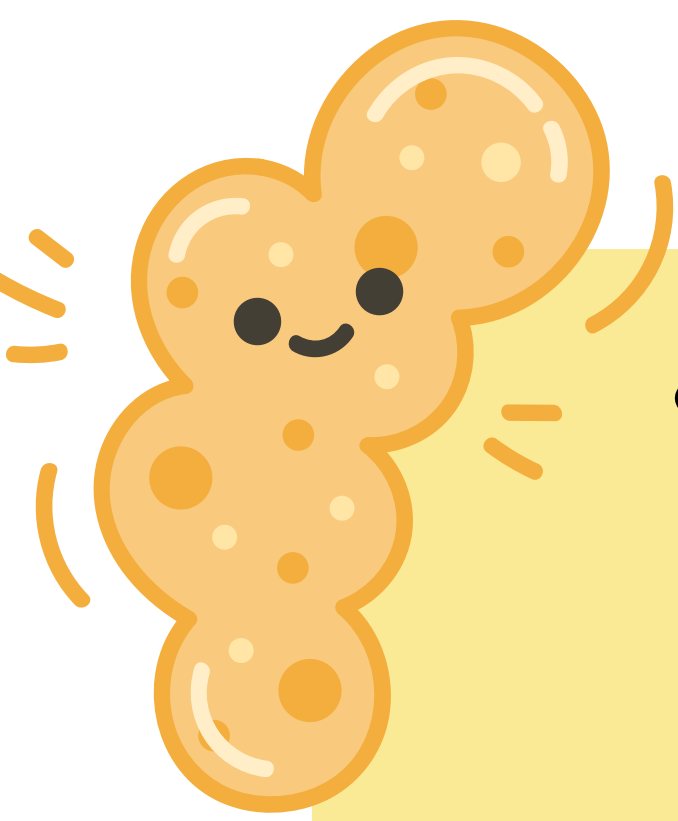
When should you wash your hands?

- ➔ Before eating
- ➔ After using the bathroom
- ➔ After playing outside
- ➔ After coughing or sneezing

What to do to avoid getting germs?

- ➔ Wash your hands with water and soap.
- ➔ Cover your mouth and nose when you cough or sneeze.
- ➔ Keep your toys and belongings clean.
- ➔ Don't touch your face (mouth, nose, eyes) with dirty hands

How to wash your hands?



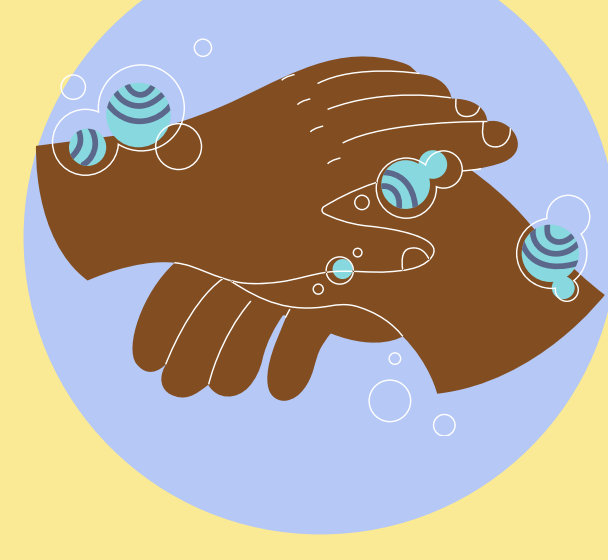
Soap on Hands



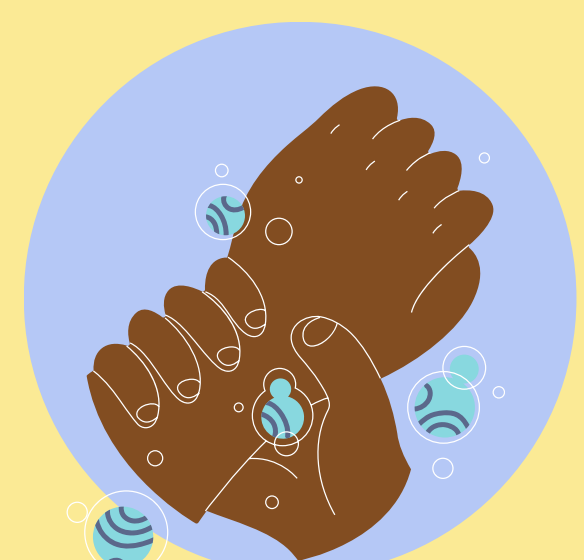
Palm to Palm



Back of Hands



Between Fingers



Hand's Wrists



Rinse the hands

What is the proper way to cough or sneeze?

- 1** Cover your mouth and nose with your bent elbow (as if you were making a "V").



- 2** If you use a tissue, throw it away immediately.



- 3** Wash your hands after coughing or sneezing

