

# WHEN should you wash your hands?



- 1 Before and after eating
- 2 After sneezing or coughing
- 3 After going to the toilet
- 4 After playing with pets
- 5 After sport or playing outside
- 6 Any other time your hands get dirty



# HOW to wash your Hands?

- 1 Wet your hands under the tap.



- 2 Add soap and scrub hard to make it foamy.



- 3 Keep scrubbing for as long as it takes to sing your ABCs.



- 4 Rinse well under the tap.



- 5 Dry your hands with paper towel.





**For more  
information  
please contact:**

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## **WHY should I wash my hands?**

Washing your hands is very important because it kills germs which can make you sick.

Germs are everywhere, but you can't see them because they are so small.

Germs spread diseases and can make you sick like having a cold or a sore stomach, so it is important to wash your hands regularly.



## **How to help a classmate with cystic fibrosis?**

For people with cystic fibrosis something like the chicken pox or even a simple cold can be very serious and can even cause them to end up in hospital.

If you share a classroom with someone who has cystic fibrosis you can help them out a lot by staying home when you are sick and by washing your hands regularly throughout the day so you don't spread germs.

# **Have YOU Washed YOUR Hands?**

