SINGERIAS Wash Your Hands



ACTIVITY SHEET



Developed by University of Nebraska-Lincoln Extension in Lancaster County and Lincoln-Lancaster County Health Department



WASH YOUR HANDS AFTER...



1. Playing with pets.



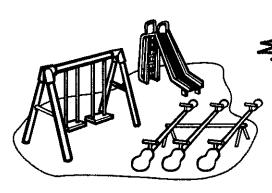
2. Using the bathroom.



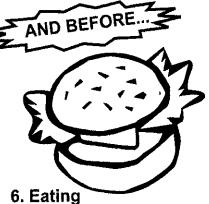
3. Sneezing, blowing your nose or coughing.



4. Touching a cut or open sore.



5. Playing outside.



HERE'S HOW:

- 1. Wet your hands with WARM water.
- 2. Soap and scrub for 20 seconds— say the alphabet slowly.

