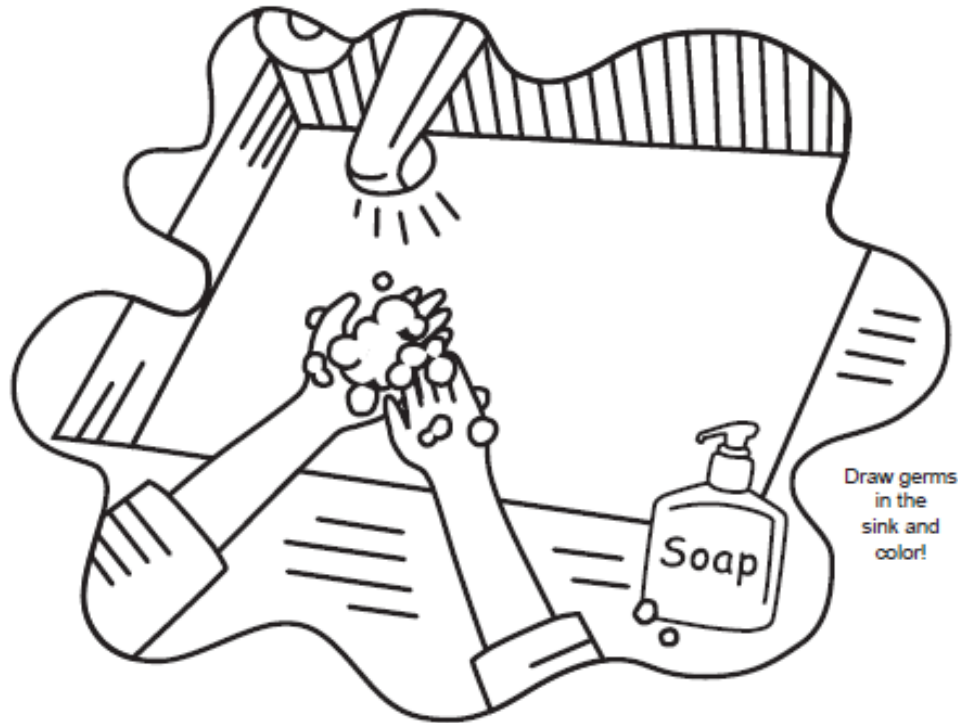


A Fun Way to Teach Kids about Hand-washing

By the Water Quality & Health Council

SINK THOSE GERMS

Wash Your Hands!



ACTIVITY SHEET

How can you help your children avoid some of the infectious illnesses that will be shared this season? According to the [US Centers for Disease Control and Prevention](#), proper hand-washing is one of the most important ways to avoid getting sick and spreading germs to others. But *nagging* kids to wash their hands is seldom effective.

We suggest delivering the hand-washing messages in a fun way using the activity sheets below. The following sheets were developed by the University of Nebraska, Lincoln Extension and the Lincoln-Lancaster County Health Department. Unlike this year's flu, cold and norovirus, we hope these sheets "go viral," helping your children develop a life-long healthy hand-washing habit!

Wash Your Hands After...

1



**Playing with
pets**

2



**Using the
bathroom**

3



**Sneezing, blowing
your nose &
coughing**

4

AND Before...



**Touching a cut or
open sore**

5



Playing outside

6

AND Before...



Eating

HERE'S HOW:

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



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