Sink those germs
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.
6. Eating

AND BEFORE...

AND BEFORE...

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.

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