

Hand washing is the number one defense against the germs. **Watch out!** The germs on the hand below will make you sick if you don't wash your hands.



Los Angeles County Department of Public Health
Children's Medical Services
Art provided by LA Times
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Wash Your Hands

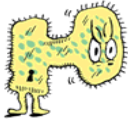


Clean Out The Germs!

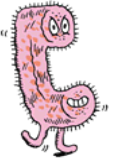
How You Catch Germs



By Dirty Towels: The germ from a cloth hand towel says “I like to hide out in dirty towels!”



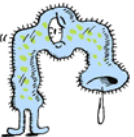
On Doorknobs: The germ from doorknobs says “I creep around on doorknobs so you better watch out for me!”



On Telephones: The germ from the telephone says “Dirty phones are my favorite place to hide! Is your phone dirty?”



Other people’s hands: The germ from people’s hands says “You’ll find me on dirty hands, so watch out dirty hands!”



On Faucets: The germ from the bathroom faucet says “I like to hide out on bathroom faucets; it is the best place to hide!”

It’s clean up time! It’s a good idea to use **soap** when washing your hands. Soap will help kill all the germs!



How to Wash Your Hands!

1. Put soap on your hands.
2. Put your hands under warm running water.
3. Rub hands together for at least 10 seconds.
4. Make sure to wash the back of hands, between fingers and under fingernails, where germs like to hide.
5. Rinse hands with warm water.
6. Turn off faucet with a paper towel.
7. Dry your hands with a paper towel.

Great job! Now you are ready to play, eat, and have fun!

Remember: Always Wash Your Hands...

- ☺ After playing with pets
- ☺ After using the toilet
- ☺ After playing outside
- ☺ After sneezing or coughing
- ☺ Before you eat

