

Recently, I have been talking to your children about good hand washing technique and how to avoid germs, especially since we are entering the “illness” season.

Hand washing is your first and best defense against the spread of GERMS!

FIGHT GERMS BY WASHING YOUR HANDS!

1 Wet your hands

2 Soap

3 Lather and scrub - 20 sec

4 Rinse - 10 sec

5 Turn off tap

6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands