

Six Steps to being a Germ Buster!

Wet



Soap



Scrub



Rinse



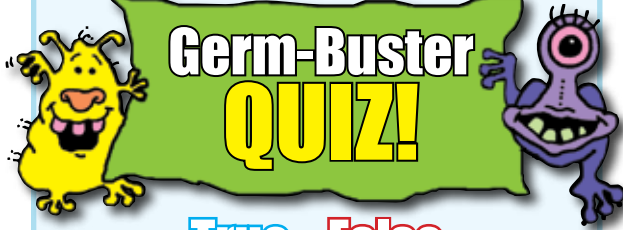
Dry



Water Off



Take the Germ-Buster QUIZ!



True or False

1. All germs are bad.
2. You can destroy germs by rinsing your hands in water.
3. Germs are found almost everywhere.
4. Germs spread all by themselves. There is nothing you can do to stop them.
5. If my hands look clean, they are clean.
6. If I wash my hands with soap and water, I can get rid of most germs.
7. I can stay healthy if I wash my hands often with soap and water.

(CHECK ANSWERS AT BOTTOM OF PAGE.)

Tacoma | Pierce County
Health Department
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CHECK YOUR ANSWERS:

1) FALSE 2) FALSE 3) TRUE 4) FALSE 5) FALSE 6) TRUE 7) TRUE

Don't give germs a chance!

Wash Your Hands





Why is it important to wash your hands?

Hand washing is the single most important method of preventing the spread of disease according to public health agencies.

Hand washing is often taken for granted. Children in particular need proper instruction in order to learn how to wash their hands correctly. It takes a consistent and vigorous washing to remove the germs on our hands.

The number of germs that we carry on our hands everyday is astounding. When we forget to wash our hands, or don't wash our hands correctly, we can spread these germs to other people.

Washing your hands correctly and frequently is the first step toward staying healthy and can help us avoid spreading and receiving germs.

How to properly wash your hands.

Wet WET your hands with warm water.

Soap APPLY plenty of soap to your wet hands.

Scrub SCRUB your hands together vigorously for at least 20 seconds. Wash the front and back of your hands, between your fingers and under your nails.



Rinse RINSE your hands with warm water.

Dry DRY your hands with a clean paper towel.

Water Off TURN OFF the water using the paper towel.



HOW LONG IS 20 SECONDS?

Sing the "Happy Birthday Song" to yourself twice!

When should you wash your hands?



After you use the bathroom.



After sneezing, coughing, or using a handkerchief or tissue.



After scratching any part of the body including face and hair.



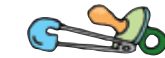
Before, during, and after you prepare food – especially raw meat, poultry, seafood products, eggs, and fresh produce.



Before and after eating.



Before you feed a baby.



Before and after changing a baby's diaper.



After handling garbage or trash.



After handling animals or animal waste.



Whenever your hands are dirty.