



WASHING OUR HANDS

CFISD Mental Health Intervention Team

Proper Handwashing

- ▶ Proper and regular handwashing is a **quick, easy, efficient way to remove germs and prevent you and others from falling ill.**
- ▶ According to the CDC we need to, *“Wash our hands often to stay healthy. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs.”*
- ▶ <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Proper Handwashing

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats

Proper Handwashing

Let's Wash Our Hands!

Whooshy washy!
Wet our hands
Under running water

Add some soap and
Rub them hard
Don't miss any part!

Between our fingers
Under the nails
Rid germs without fail

Front and back
And round the wrist
No germs will be missed!

They may hide
But we shall seek
So we will not fall sick!

Spishy splashy
Bye bye germs
Down the drain they squirm

With clean towels
We dry our hands
Now let's show our friends!



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

Remember to wash our hands:



After using
the toilet



After sneezing
or coughing



After playing
with pets



After sports or
playing outside



Before eating



Proper Handwashing from John Hopkins University



STEP 9: Dry hands thoroughly with a single use towel;