

Handwashing: Why, when and how

Geisinger

Why should you wash your hands?

- It kills germs that could make you sick. It also makes sure you don't give germs to someone else.

When should you wash your hands?

- After using the bathroom, sneezing, coughing or blowing your nose.
- Before and after eating meals and snacks.
- After playing outdoors or with other kids or animals.

How should you wash your hands?

- Use soap and water.
- Scrub all over: Front, back and between your fingers.
- As you wash, sing the ABCs twice. Don't stop until the song is over.
- Rinse the soap off and dry your hands.

