Stop Microbes—Wash Your Hands

Key Message:

- Washing your hands well and often will prevent illness.
- Microbes are transferred from our hands and into our bodies through our mouths, nose, and eyes. This can be stopped if we wash our hands well and frequently.
- The “3x3 Method”
  
  The three times when we should wash our hands are:
  1) Before cooking or preparing food
  2) Before eating or before feeding children
  3) After defecating and after changing or cleaning babies

  The three steps to wash our hands are:
  1) Wash both hands with water and soap or ash.
  2) Rub the front and back of your hands and in between your fingers at least three times.
  3) Dry hands with a clean towel or air dry your hands.

- Water alone will NOT remove all microbes from our hands.
- Be careful to not dry your hands with a dirty towel.

Check for understanding:

- Show me how to wash your hands.
- When should we wash our hands?
- Why do we use soap or ash?
- Why do we use good water?
- Why do we use a clean towel to dry our hands?