

Poster Talking Points

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?