

## DID YOU KNOW?

Hand washing  
with soap and water can  
reduce sickness by  
up to 45%

# WHEN SHOULD YOU WASH YOUR HANDS?



## TRY THIS!

Sing *The Hand Washing Song* below to  
the tune of *Frère Jacques*. This song lasts  
about 20 seconds, the amount of time  
you should spend washing your hands.

Lather with soap  
Rub your palms together  
Now the backs  
Of your hands  
Interlace your fingers  
Cleaning in between them  
Now the thumbs  
Clean your nails

