

# GREAT THE BODY SHOP

Come in and learn about your body!

FAMILY CONNECTION

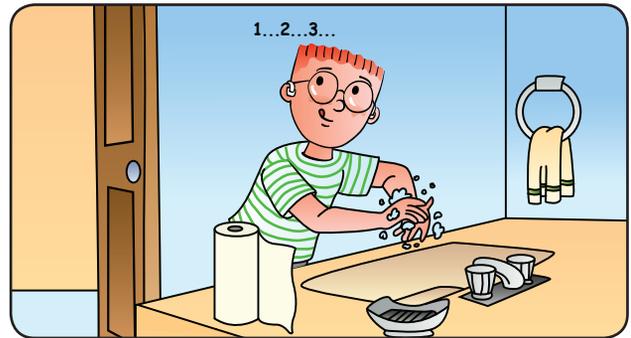
Hello Boys and Girls!

Today, we are going to talk more about washing your hands. It may sound simple, but it is one of the most important things you can do to protect yourself (and others!) from getting sick. You should always wash your hands before eating food; after using the toilet; after coughing, sneezing or blowing your nose; after interacting with animals; and after spending time in public places, like our school or the market. You should also wash your hands anytime they come in contact with trash, chemicals, bodily fluids, or when they are just plain dirty!

To get your hands as clean as possible follow these **5** steps:



1. Turn on the faucet to wet your hands and then turn it off again.



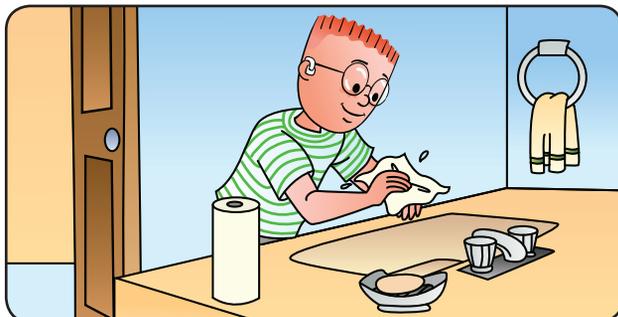
2. Use soap to lather your hands. Scrub both hands entirely, including the back of your hands, between your fingers and beneath your fingernails.



3. Continue washing your hands for at least 20 seconds. This is about the time it takes to sing "Twinkle, Twinkle Little Star" once or the "Happy Birthday" song twice.



4. Turn the faucet back on and rinse the soap off.



5. Turn off the faucet and dry your hands completely using a clean towel or a hand dryer.

Washing your hands regularly is a great way to show respect for your body, your family, and your community. If we all do our part-----we can chase those germs away!

I hope you complete the handwashing challenge!

Your Friend,

*Dr. Smartstuff*

Dr. Smartstuff

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The Children's Health Market, Inc.

Dear Families,

Today, we learned how and when to wash our hands. Please help to reinforce proper handwashing at home by working with your child to complete the one-week handwashing challenge. Remind your child to follow the 5 steps each time he/she washes.

**To get your hands as clean as possible follow these 5 steps:**



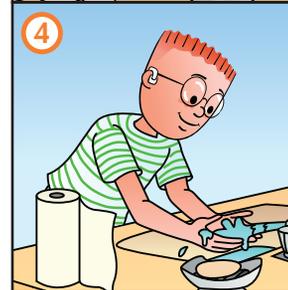
① Turn on the faucet to wet your hands and then turn it off again.

② Use soap to lather your hands. Scrub both hands entirely, including the back of your hands, between your fingers and beneath your fingernails.



③ Continue washing your hands for at least 20 seconds. This is about the time it takes to sing "Twinkle, Twinkle Little Star" once or the "Happy Birthday" song twice.

④ Turn the faucet back on and rinse the soap off.



⑤ Turn off the faucet and dry your hands completely using a clean towel or a hand dryer.

	BEFORE BREAKFAST	AFTER USING THE TOILET	BEFORE LUNCH	AFTER USING THE TOILET	BEFORE SNACK	AFTER USING THE TOILET	BEFORE DINNER	AFTER USING THE TOILET	BEFORE PREPARING ANY FOOD
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									