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# Hand Washing



## **Dear Parent,**

Today your child learned about hand washing. Clean hands will help you and your family from getting or spreading cold or flu germs and help to keep your food safe to eat. You can be a good role model by washing your hands often too. If you have questions, contact your local Extension office:



Steps to proper hand washing shared with your child:

1. Wet your hands with warm, running water.
2. Add soap. Rub hands together, front and back, for about 20 seconds.
3. Rinse. Dry hands with a clean towel.

When to wash your hands:

### **After:**

- Playing with pets
- Taking out garbage
- Sneezing or coughing into hands
- Blowing nose
- Touching hair, nose or other body parts



### **Before:**

- Eating
- Touching your face or eyes



**Can you think of others?**

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# Songs for Hand Washing

Help your child wash hands for 20 or more seconds by singing songs with them as they wash.

Try singing these tunes to “Row, Row, Row Your Boat”:

Wash, wash, wash your hands,  
Wash them sparkling clean,  
Rub them down, all around,  
And fingers in between.

Wash, wash, wash your hands,  
Play our hand washing game,  
Rub and scrub and scrub and rub,  
Germs go down the drain.

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A, B, C, D, E, F, G  
H, I, J, K, L, M, N, O, P  
Q, R, S, T, U, V  
W, X, Y, AND Z  
Wash and wash so you can see,  
Washing makes your hands germ free.

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This is the way we scrub our hands, scrub our hands, scrub our hands,  
This is the way we scrub our hands:

*After we use the bathroom.*

**Other verses:**

*After we play with our pets.*

*After we cough or sneeze into our hands.*

*After we blow our nose.*

*Before we eat our meals or snacks.*

*Before we touch our eyes or mouth.*



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