

# ARE YOU READY?



**Get  
Ready**

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## Clean is cool: Wash your hands!

Getting sick is no fun. When you get sick, you can't do fun things like play with your friends or go for a bike ride. Sometimes, being sick makes your throat hurt and makes your nose runny. You may even get a hot fever and have to stay in bed until you get better.



Being sick is no fun at all. But there is something easy you can do to stop it from happening in the first place: Wash your hands!

That's right. Washing your hands the right way can keep you healthy by getting rid of the bad germs before they make you sick.



### What are germs?

Germs are very tiny creatures that live on animals, plants and people. They are so small that you need a microscope to see them. Whatever you did today, you probably touched some germs. Some of those germs can make you sick.

Germs can live in all kinds of places. They can live on your hands, on your school desk or on the kitchen counter at home. Germs can live in these places for a long time, and you can pass germs along to anyone or anything you touch.



## Sick of germs? Wash your hands!

Washing your hands is easy and fun. Anyone can do it. But if you follow a few simple rules, you have an even better chance of not getting sick. Here's how to do it:

1. Make sure the water is warm, not cold or hot.
2. Always use soap and rub your hands together to make bubbles!
3. Make sure to wash under your nails and around your wrist.
4. Wash your hands for at least 20 seconds. A good way to tell how long it has been is to sing the "Happy Birthday" song twice while washing.



## When should you wash?

Because germs are so small that you can't see them, it can be hard to know when to wash your hands. That's why it is good to always wash your hands after you do certain things.

Always wash your hands:

- after you use the bathroom;
- before you eat breakfast, lunch, dinner or snacks;
- after you sneeze or blow your nose;
- after you cough;
- after playing with a pet;
- after playing outside; and
- after being around a friend or family member who is sick.

## Spread the word, not the germs!

Staying healthy takes teamwork. If we all wash our hands, we all have a better chance of not getting sick.

Now that you know the right way to wash your hands, why not tell your friends about it too? You could also teach your family about washing their hands and show them the right way to do it. After all, adults need to be reminded about the importance of clean hands too!

Help spread the word about washing your hands. Let's be healthy together!



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