



Warm-Up 98

Soap + Water = Health

Name: _____

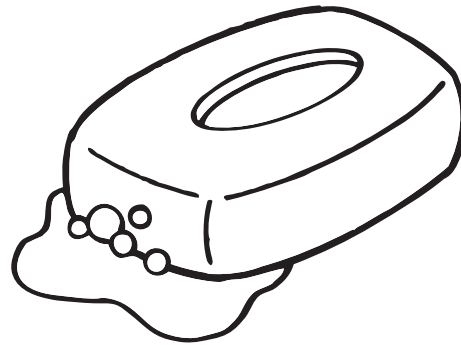
There is one simple thing you can do to stop a lot of germs before they can make you sick. You can wash your hands. This one thing can often keep you from getting sick.

No one can (or should) wash their hands *all* of the time. When is it most important to wash them? You should wash them. . .

- when they look dirty.
- before you touch, make, or eat food.
- after you use the bathroom.
- after you blow your nose.
- after visiting a sick friend or relative.
- after playing outside.
- after you touch pets or animals.

Now that you know *when*, it's time to talk about *how* you should wash your hands. Here are some handy tips to remember:

1. Use warm water.
2. Put some soap in your hands.
3. Rub your hands together enough to make some bubbles. Do this for 10–15 seconds. Rub the soap around your hands, wrists, fingers, and fingernails.
4. Rinse the soap off.
5. Wipe your hands dry with a clean towel.



Directions: Look back at the list of when you should wash your hands. Did any of those times surprise you? Were there any that you thought you didn't need to wash your hands before or after doing? Why or why not? Write a few sentences about washing hands.
