## SINGERIAS Mash Your Hands



## ACTIVITY SHEET



Developed by University of Nebraska-Lincoln Extension in Lancaster County and Lincoln-Lancaster County Health Department



## **WASH YOUR HANDS AFTER...**



1. Playing with pets.



2. Using the bathroom.



3. Sneezing, blowing your nose or coughing.



4. Touching a cut or open sore.



5. Playing outside.



HERE'S HOW:

1. Wet your hands with WARM water.

2. Soap and scrub for 20 seconds
— say the alphabet slowly.

3. Rinse and dry.

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