

Washing Your Hands—Stay Healthy

Hand washing helps you stay healthy—it is one of the best ways to avoid getting sick.



During the day germs get on your hands. When you touch your eyes, mouth or nose you infect yourself and you could get sick.

Washing your hands with soap and water removes the germs from your hands.



Dry your hands with a paper towel.

Remember you should always wash your hands after you use the bathroom, before you eat and before you prepare food.



No one wants to get the flu or a cold so wash your hands every time you have the opportunity to do so.