

HYGIENE & SANITATION



Have you washed your hands today?

Our hands carry unforeseen germs and the only way to stop spreading them is to practice proper hand hygiene.

When?

After using the bathroom
Before eating or cooking
After blowing your nose
After coughing or sneezing
After touching animals
Any time your hands are dirty!

How?



Wet your hands with clean water.



Soap them up.



Scrub them front and back, between your fingers, and under your nails (Scrub for 20 seconds.)



Rinse with clean water.



Dry hands with a clean towel or by air drying.

Hygiene & Sanitation Word Scramble!

(Hygiene, sanitation, unforeseen, spreading, sneezing, coughing, scrub, rinse, blow, germs, viruses, sanitize, respiratory, immune, diseases, prevention, wash, practice, clean, towel.)

enegiszn	ndesaripg
siuvres	hologicnu
elowt	eenhygi
ipteacrc	tareoispyrr
esesiams	alcne
serin	wlob
neumim	tpneveroin
asetziin	usrneeenfo
hswa	cubrs
mrseg	asnaioittn