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# What is Hand Washing

Hand washing keeps you healthy and germ-free!

DEFINITION

Hand washing is the process of cleaning your hands with soap and water. It helps remove dirt and germs that can make you sick.

KEY CONCEPTS

Importance of Hand Washing

Washing hands regularly prevents the spread of germs and illnesses.

Proper Technique

Use soap, scrub for at least 20 seconds, and rinse thoroughly.

When to Wash Hands

Wash hands before eating, after using the bathroom, and after playing outside.

Soap vs. Water

Soap helps lift dirt and germs off your skin, making them easier to wash away.

Drying Hands

Drying hands properly prevents germs from spreading; use a clean towel or air dryer.

EXAMPLES

- Wash hands after sneezing or coughing.
- Clean hands before preparing food.
- Rinse hands after playing with pets.

MEMORY TIPS

- ★ Sing the 'Happy Birthday' song twice while washing to time it.
- ★ Think of 'Soap and Scrub' as your hand washing buddies.
- ★ Remember 'Clean Hands, Healthy Life' as a motto.

COMMON MISTAKES

- ✗ Not using soap while washing.
- ✗ Rushing through the washing process.
- ✗ Forgetting to wash hands after touching surfaces.

QUICK RECAP

Hand washing is essential for staying healthy by removing germs. Always wash your hands with soap for at least 20 seconds, especially before meals and after using the restroom.