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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 to remove dirt and germs. It's an important habit that helps prevent illness.

KEY CONCEPTS

Importance of Hand Washing

Washing hands regularly reduces the spread of germs and keeps you healthy.

Proper Technique

Rub your hands together with soap for at least 20 seconds to ensure they are clean.

When to Wash Hands

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

Soap and Water

Using soap with water is more effective than just water alone for removing germs.

Drying Hands

Drying your hands properly after washing helps prevent the spread of germs.

EXAMPLES

→ Wash hands before meals.

→ Clean hands after playing with pets.

→ Wash hands after sneezing or coughing.

MEMORY TIPS

★ Sing 'Happy Birthday' twice while washing to time 20 seconds.

★ Remember: 'Soap and water, germs be gone!'

★ Think of washing hands as a superhero move against germs.

COMMON MISTAKES

✗ Not using soap when washing hands.

✗ 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 at key times to prevent illness.