

Washing My Hands

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Washing my hands is a healthy choice. It keeps my body strong and stops me from getting sick!



When my hands get dirty I need to wash them



Sometimes I can see the dirt on my hands, but sometimes the germs are too small to see!



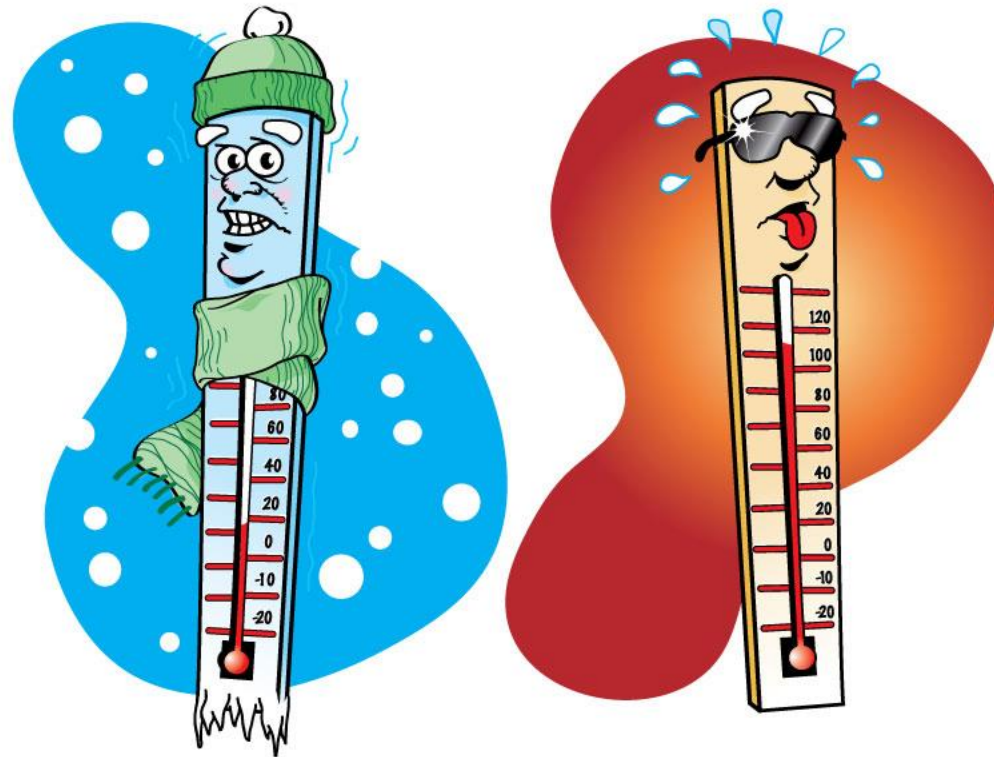
Germs hide lots of places! I know I have germs on my hands if I put my fingers up my nose, in my mouth, or if I went to the bathroom.



I start by turning on the water.



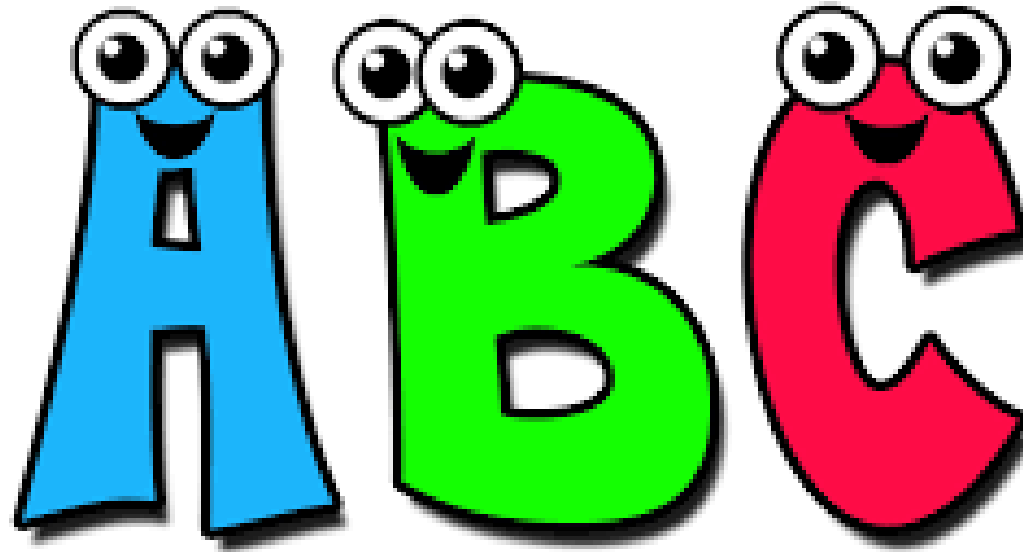
Next, I check the water temperature to make sure it is not too cold or too hot.



Next, I rub my hands with soap.



Soap needs 30 seconds to clean all the dirt and germs off my hands. I can sing the ABC's to make sure I wash my hands long enough!



Next, I can rinse the soap off of my hands and turn off the water.



Turn Water Off



Last, I can dry my hands and throw the towel in the garbage.



Washing my hands is a healthy choice. I'm proud of myself for washing my hands and keeping my body healthy!





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