SINK THOSE GERMS
Wash Your Hands!

Draw germs in the sink and color!
WASH YOUR HANDS AFTER...

1. Playing with pets.
2. Using the bathroom.
3. Sneezing, blowing your nose or coughing.
4. Touching a cut or open sore.
5. Playing outside.
6. Eating

AND BEFORE...

HERE’S HOW:

1. Wet your hands with WARM water.
2. Soap and scrub for 20 seconds — say the alphabet slowly.
3. Rinse and dry.

Developed by University of Nebraska-Lincoln Extension in Lancaster County and Lincoln-Lancaster County Health Department