



# Washing My Hands

Summit DD Social Script



MAKING MEANINGFUL CONNECTIONS

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# Washing My Hands



This book is designed to help children understand the importance of hand washing.

**It is important to wash hands.**

Do you know when to wash your hands?

You should wash your hands if you touch something that someone else has touched, especially if it was in their mouth.



You should wash your hands after you  
play outside,



before and after you eat,



after you use the bathroom,



after you sneeze or cough,



after you use electronics or phones,



after you touch money,



after you touch an animal,



And you should wash your hands after  
you touch your face.





**Here is a great way to wash your hands.**

**Are you ready?**

1. Wet your hands with warm running water.





2. Apply soap.



3. Lather your hands by rubbing them together with the soap.

Be sure to lather the backs of your hands,



between your fingers,

and under your nails!



4. Scrub your hands for at least 20 seconds.

Did you know that if you say the alphabet twice, that is the right amount of time?

Let's practice:

**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

Great! Say it one more time!



5. Rinse your hands well under warm running water.



6. Dry your hands using a **clean** towel.





Washing my hands often can help keep me and my family as healthy as possible!



I can do it!

Parents, guardians, educators:

For more information on how to educate your children on handwashing and many other healthy facts.

Please visit :

<https://kidshealth.org/en/kids/wash-hands.html>

Additional resources:

Guide to Helping Families Coping with the Coronavirus disease: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Coronavirus Pandemic Child Care Information:  
<http://jfs.ohio.gov/cdc/CoronavirusAndChildcare/>

CDC: Coronavirus Resources  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

American Academy of Pediatrics Coronavirus Resources  
<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/>

Ohio Department of Health Resources  
<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/>









Draw a picture of you washing  
your hands!

What is your favorite animal?  
Draw one here!