GERMS!!

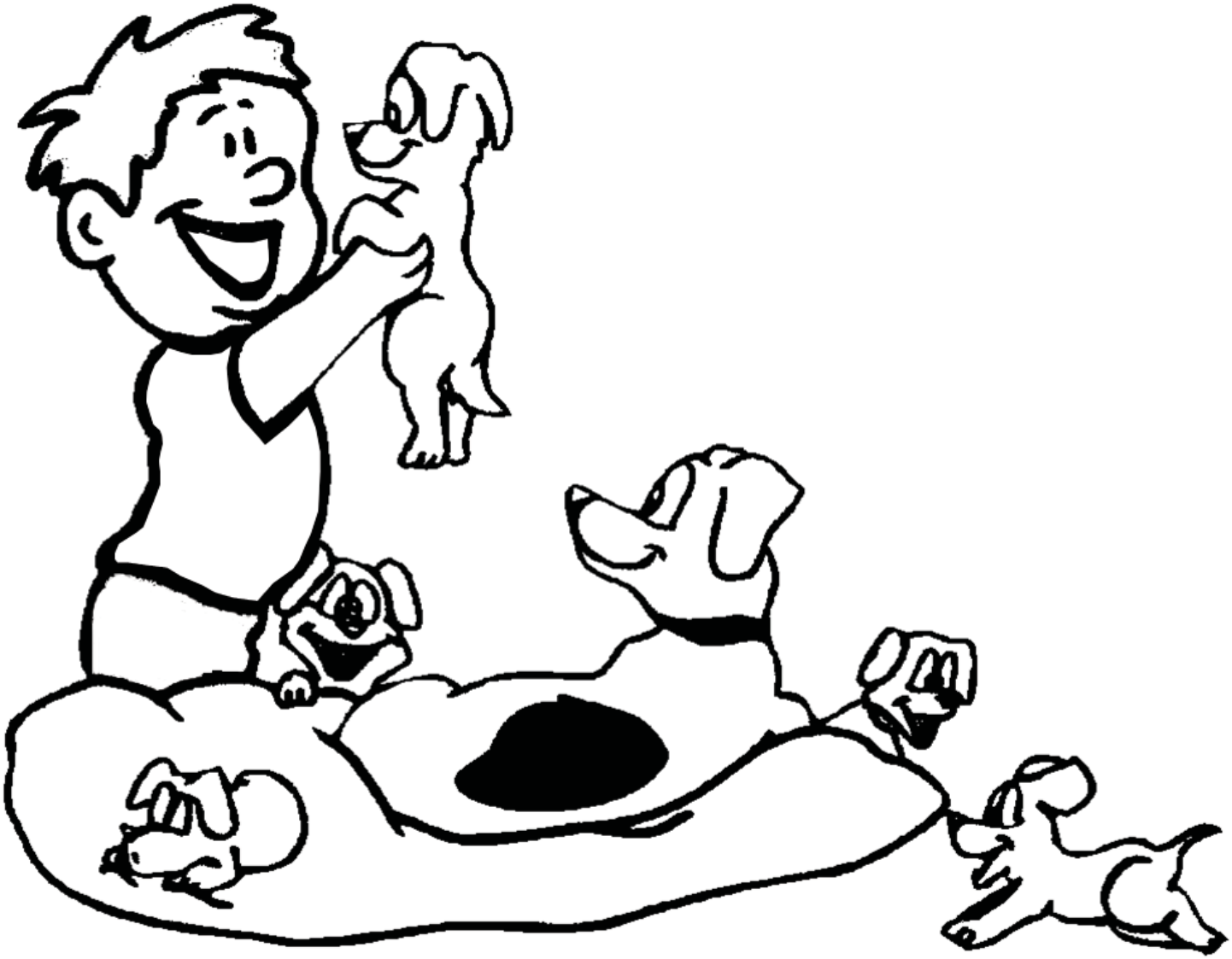
Don't let germs get you,
Washing your hands is the thing to do!

Coloring book for Kids (Ages: 4-6) and Parents

Pima County Health Department

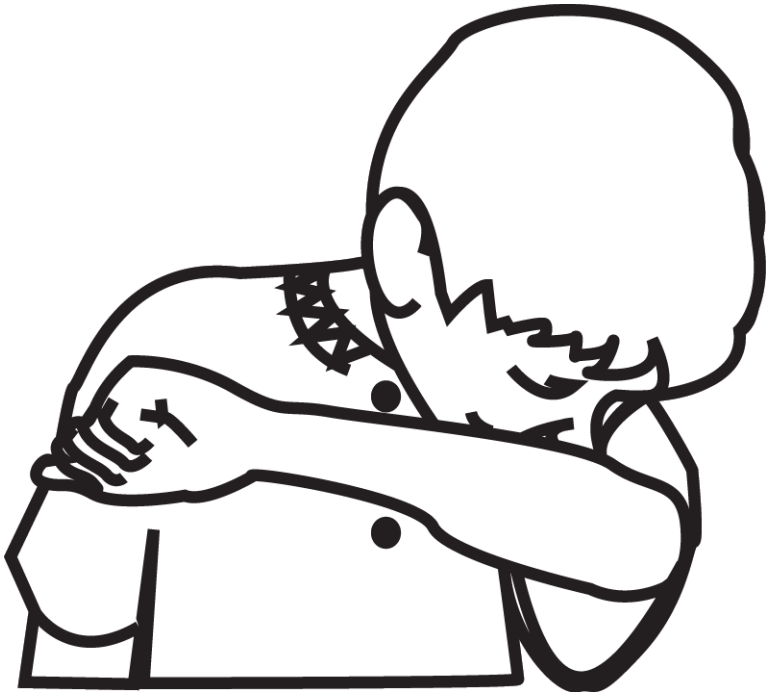
When you wash your hands, you wash germs away.
Color the pages to learn when to wash your hands.

Always wash your hands after going potty.

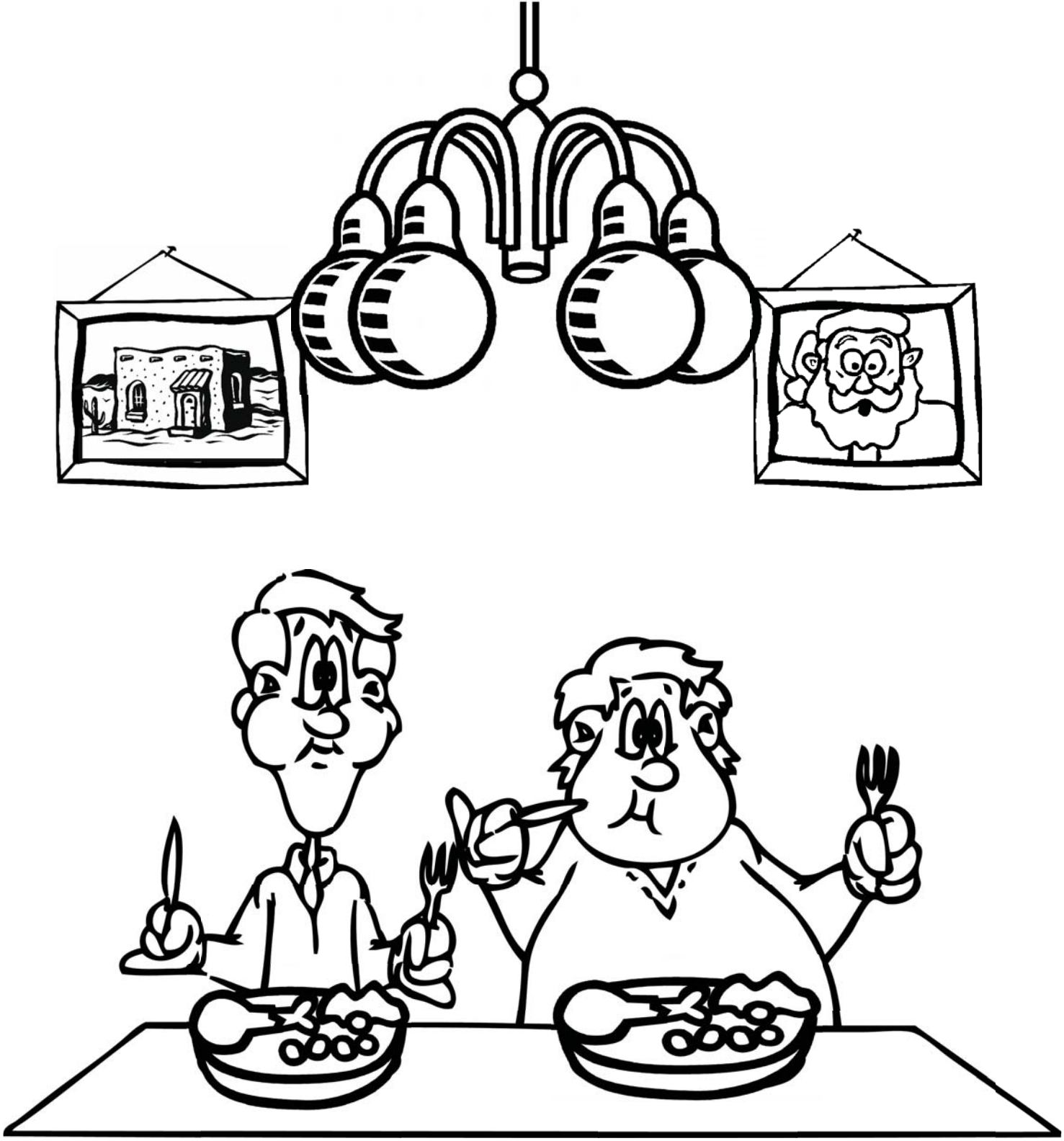


Always wash your hands after you play with your animals.

Remember to cough or sneeze into your sleeve!

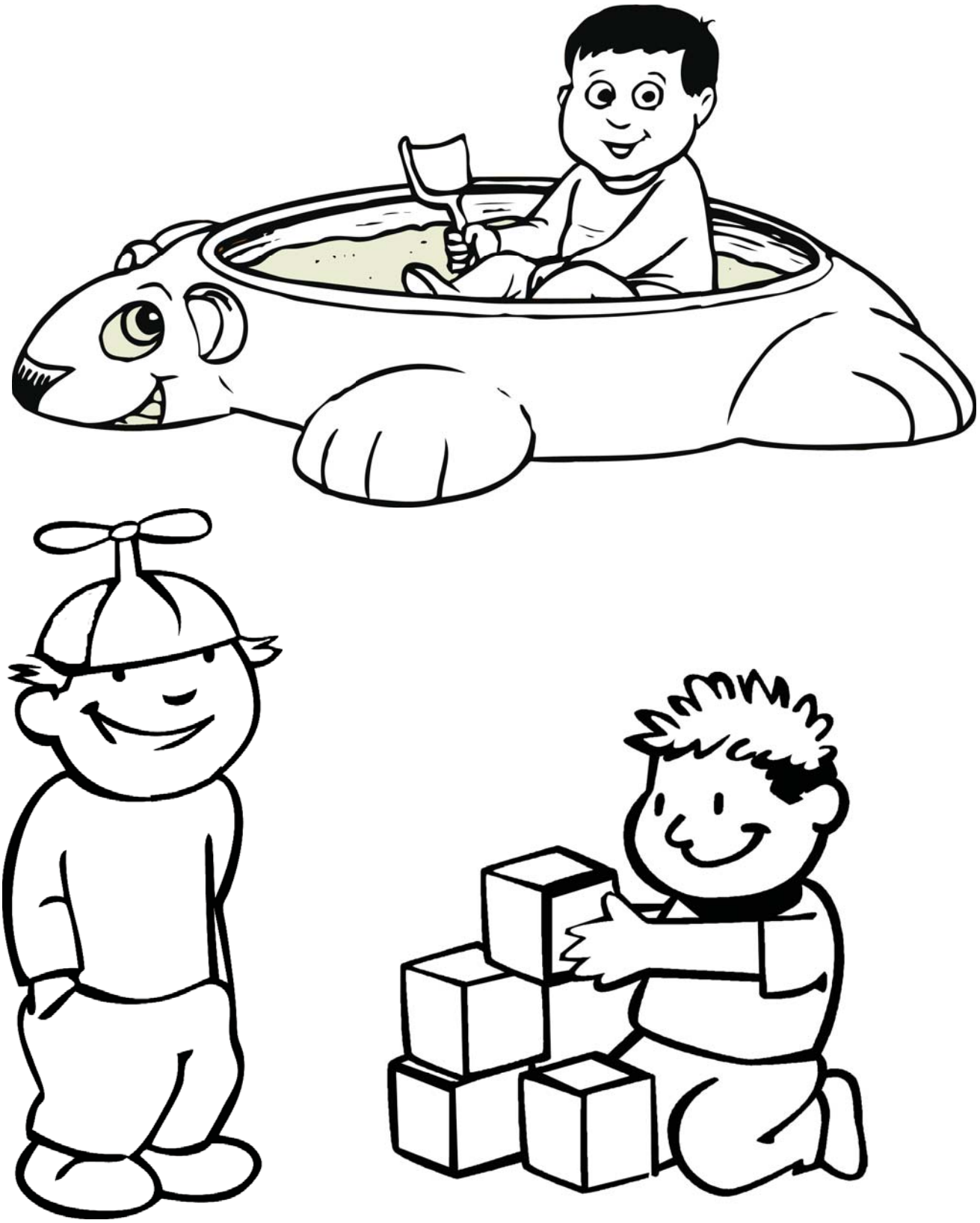


Always wash your hands right away if you use a tissue or your hand when you cough or sneeze.



Always wash your hands before you eat.

Always wash your hands after you play outside or touch something dirty.



Always wash your hands after playing with others or sharing toys.

Always wash your hands before and after you take care of a cut or scrape. Be sure to clean and cover it with a band-aid.

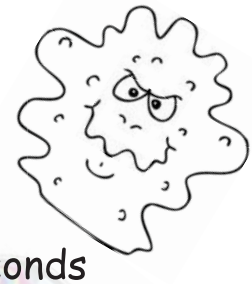
KEEPING YOUR HANDS CLEAN IS ONE OF THE EASIEST WAYS TO HELP YOU STAY HEALTHY!

BUILD GOOD HABITS!

ALWAYS WASH YOUR HANDS:

- ★ **after using the potty**
- ★ **after coughing, sneezing or blowing your nose**
- ★ **before and after any contact with someone who is sick or injured**
- ★ **any time your hands look dirty**

If you do not have soap and water and your hands do not LOOK dirty, use hand sanitizer. It helps with killing some germs. Rub hand sanitizer all over both hands until they feel dry. No water is needed.



<u>Simple steps for washing hands:</u>

1. wet hands with warm water
2. make lots of bubbles with soap
3. scrub hands and wrists for at least 20 seconds (sing Handwashing Song two times)
4. rinse hands well with warm water
5. dry hands with a clean towel

HANDWASHING SONG

If you're happy and you know it, wash your hands!
If you're happy and you know it, wash your hands!
If you're happy and you know it,
then you're face will surely show it.
If you're happy and you know it, wash your hands!
SING 2 TIMES!

Cut out the song & tape next to sink.
Sing 2 times to stay clean & germ-free!

Pima County Board of Supervisors

Ann Day, District 1

Ramón Valadez, District 2

Sharon Bronson, District 3

Raymond J. Carroll, District 4

Richard Elías, District 5

C.H. Huckelberry

County Administrator

Pima County Health Department
3950 S. Country Club Road
Tucson, AZ 85714

(520) 243-7770

www.pimahealth.org