

WHY DO I  
**WASH MY HANDS?**



WHY  
DO I...?

# Are Your Hands Clean?

Look at your hands. Are they clean? They may look clean, but there could be thousands of germs on them that you can't see.

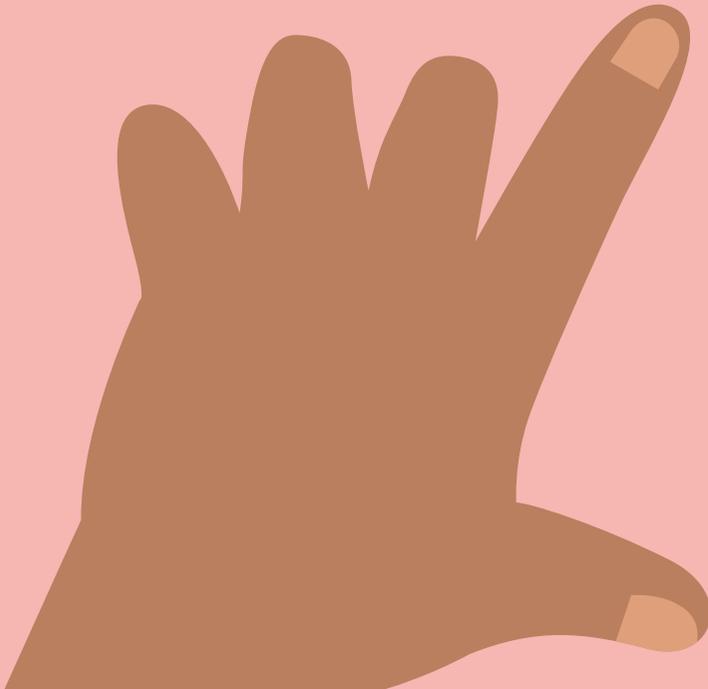
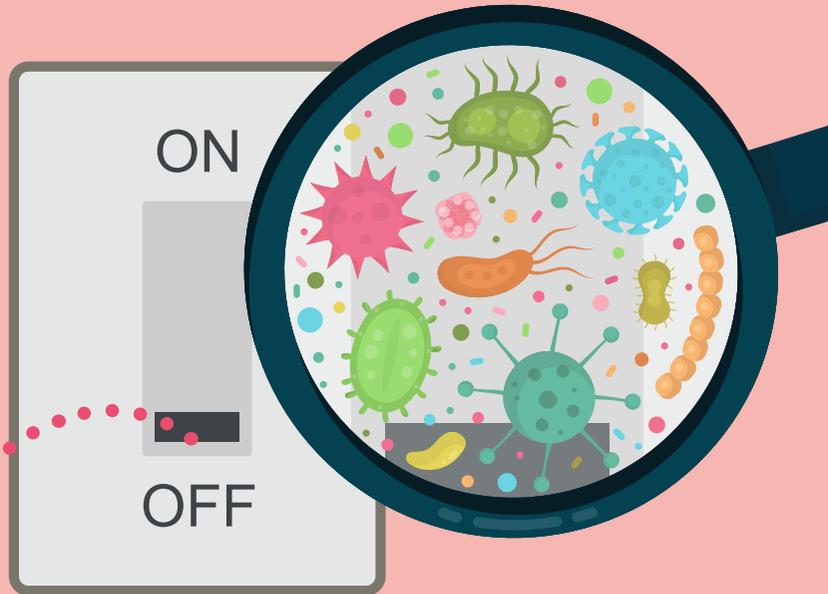
Germs are tiny, and they are everywhere! Most germs do not hurt us, but some can make us ill.



# Why DO I Wash My Hands?

The germs on our hands can be passed on to the things that we touch. Washing our hands is important. It helps to get rid of the germs on our hands.

If somebody is ill, they could pass the germs that cause the illness on to other people.



# How To Wash Your Hands

We can help stop germs and illnesses from spreading by washing our hands with soap and water. It is important to wash our hands properly to get as many germs off as possible. This handy chart can help you!

1.



Wet hands with water and get plenty of soap.

2.



Rub both palms together.

3.



Rub the backs of both hands.

4.



Rub in between all the fingers.

5.



Rub around each thumb.

6.



Clean underneath each fingernail.

7.



Don't forget to rub around the wrists.

8.



Rinse hands with water.

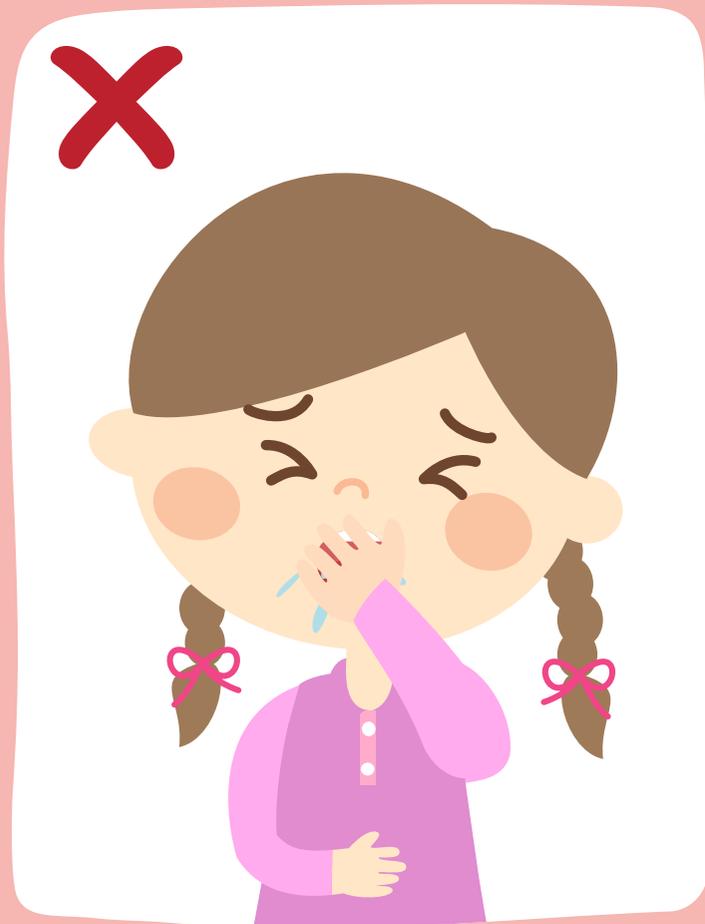
9.



Dry hands with a clean paper towel. Use the paper towel to turn off the tap.

# What Else Can I Do?

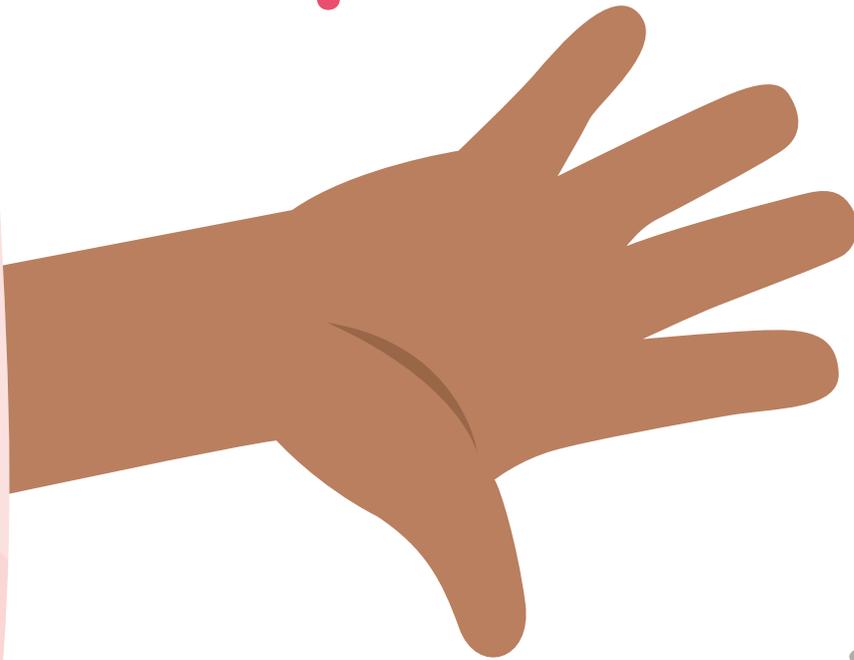
There are more things that we can do to stop the spread of germs.



Always cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. This stops germs getting on your hands.

If you can't wash your hands with soap and water, try using hand sanitiser gel.

Make sure to wash your hands for at least 20 seconds! Try singing the happy birthday song twice!



Try not to touch your face. This may be hard, but if we touch our eyes, noses and mouths, germs could get inside our bodies and make us ill.

# WHY DO I...?

From smelly poos to dribbly goos, bloody squirts to growing spurts:  
bodies are amazing – and gross!

Have you ever wondered how a pizza becomes a poo?  
What turns bogies black? Why do you need to trim your toenails?

Why Do I... Wash My Hands is part of a larger series called Why Do I...?

This series is packed full of colourful, informative and downright  
disgusting titles. Find out about farts, hearts and all those itchy parts  
as you answer the question on every child's lips – WHY?



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