

# Handwashing 101

## Why Do We Wash our Hands?

Our awesome bodies work hard to keep us healthy,

But critters called germs are so sneaky and stealthy.

We can't see these villains without a microscope,

So what do we do?  
We defend ourselves with soap!



## When Do We Wash our Hands?

Let's wash our hands before we cook food or eat it,



After we take out the trash or use a toilet.

Let's scrub after we blow our noses, cough or sneeze,



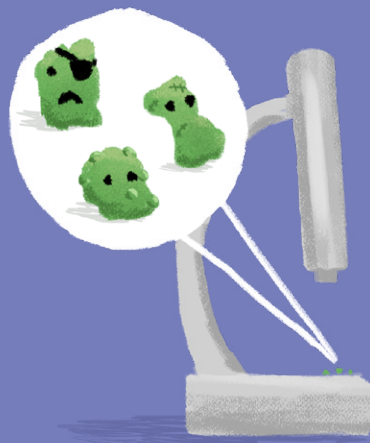
And after we give a cute animal a squeeze.

## How Do We Wash our Hands?



With soap and clean water, give your hands a good rub.

Sing "Happy Birthday" twice as you scrub-a-dub-dub.



Wash the backs of your hands and in between your fingers,

And underneath your nails, where sneaky germs linger.



Rinse off your hands until the bubbles wash away,

Then dry your hands off and go on your merry way!



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