



IBN AL HAYTHAM ISLAMIC SCHOOL  
KINGDOM OF BAHRAIN

# WASH YOUR HANDS

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# WHY IS HAND WASHING SO IMPORTANT?

Hand washing is the  
best way to keep us  
from getting  
sick and prevent the  
spread of germs.



# What's on *YOUR* Hands?



Viruses and bacteria can live for several hours on many surfaces. What did you touch today?

## Wash Those Germs Away!

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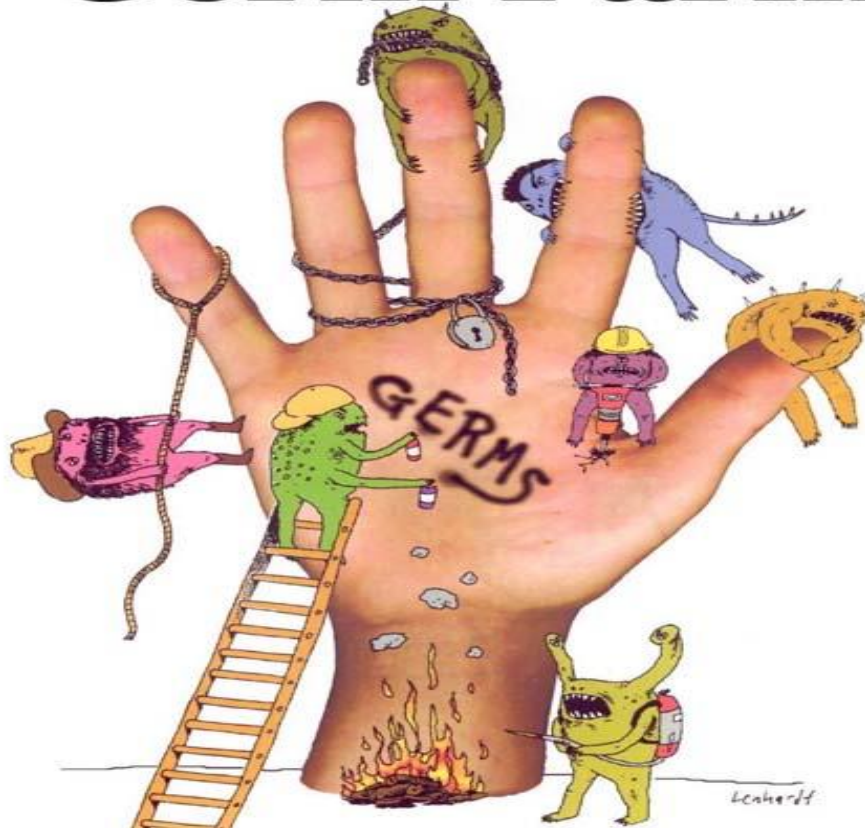


# How Do Germs Spread?



- Touching dirty hands

## Germ Farm



# • DIRTY PLACES



- Through contaminated water and food



- Through contact with a sick person's body fluids





- Through droplets in the air released during a cough or sneeze



# Cover your cough and sneeze



**DO**



**Or**



**wash your hands often immediately after coughing or sneezing**



with soap and water.

Illustration by [unreadable]



# **WHEN SHOULD WE WASH OUR HANDS?**

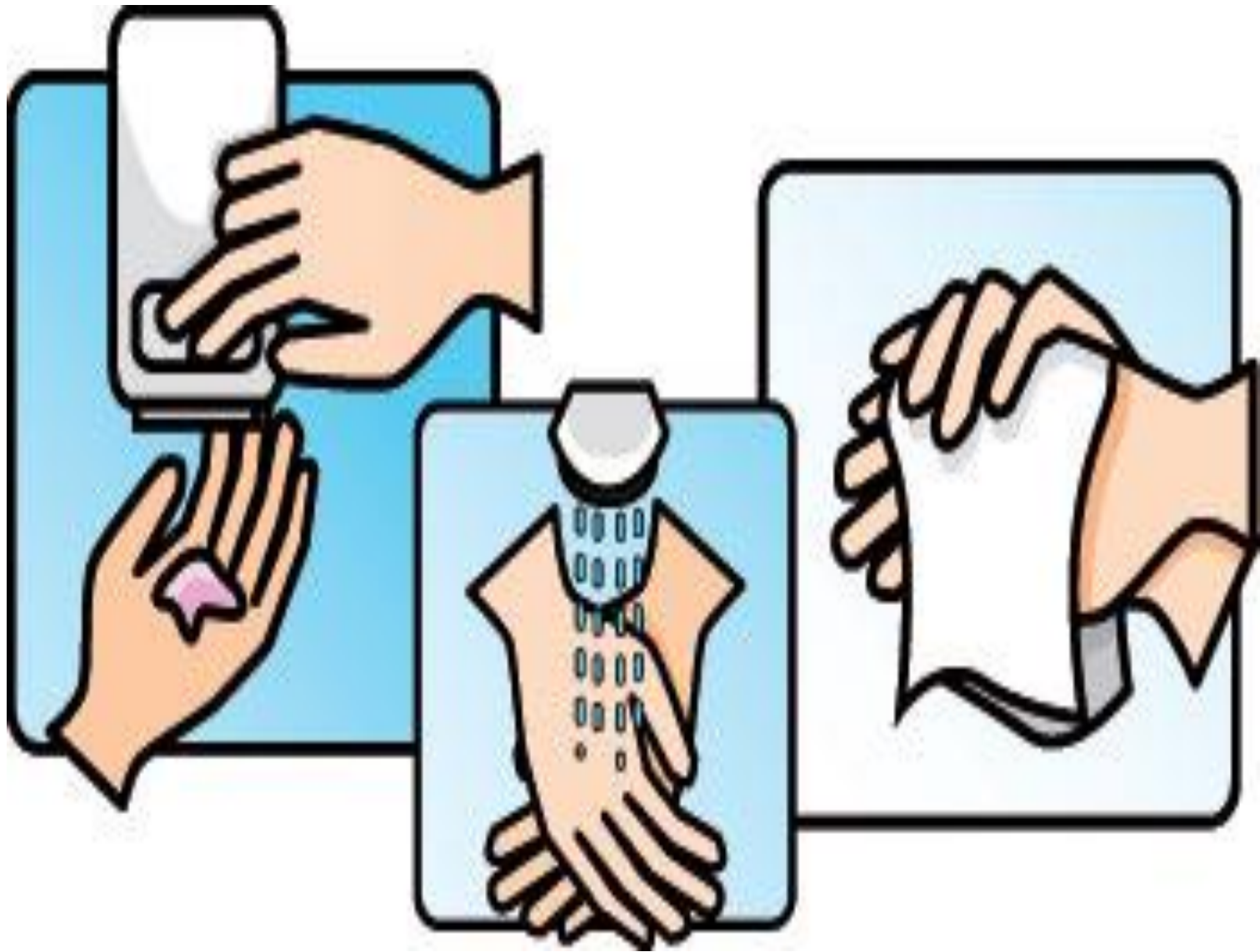


- Before eating and cooking
- After using the bathroom
- After cleaning around the house
- After touching animals, including family pets
- Before and after visiting or taking care of any sick friends or relatives
- After blowing one's nose, coughing, or sneezing
- After being outside (playing, gardening, walking the dog, etc.)



**WHAT'S THE  
BEST WAY TO  
WASH HANDS?**





## Here's how to scrub those

### germs away :

- **Wet your hands** with clean, running water (warm or cold). Make sure the water isn't too hot for little hands.
- **Use soap** and lather up for about 20 seconds. Antibacterial soap isn't a must — any soap will do.
- Make sure you **get in between your fingers**, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists!
- **Rinse and dry** well with a clean towel.





Wash your palms.



Scrub each finger and between fingers.



Rub back of hands and between fingers.



Rub the base of the thumbs



Back of Fingers



Scrub your nails on palms.



Wash your wrist



Dry hands with clean towel or tissue.





