

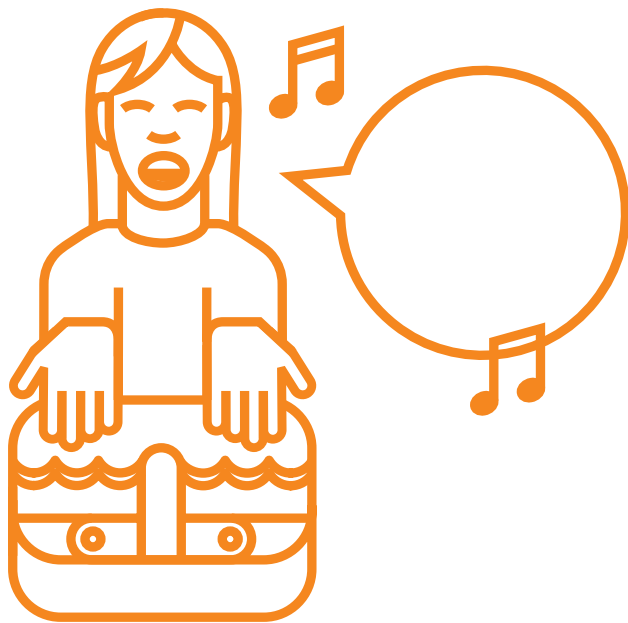
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## Handwashing

Keeping hands clean and germ-free is one of the easiest (and fun) ways we can all stay healthy and beat COVID-19! Turn on the warm water, put some soap on your hands and scrub-a-dub-dub every part of your hands, palms, and fingers. Then dry your hands with paper towels. If you don't have soap and water, use hand sanitizer.

Remember, wash your hands for at least 20 seconds to stop germs in their tracks. Singing the ABCs while washing your hands makes sure you give the soap enough time to clean your hands!

**What other song could you sing while washing your hands?**



**When should you wash your hands?**

Circle the activities after which you should wash your hands.



**PLAYING  
OUTSIDE**



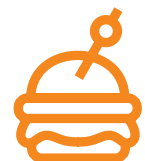
**BLOWING  
YOUR NOSE**



**USING THE  
BATHROOM**



**TOUCHING  
DOORS**



**EATING**

**If you complete each day without a missed handwashing break, reward yourself by coloring in a star.**

If you color in all the stars, you're a handwashing hero!



For more information on COVID-19 and returning to school, visit [oneforallmo.com/back-to-school](https://oneforallmo.com/back-to-school) or contact your local public health agency.