

School Health Promotion Morning Announcements

DECEMBER: Wash Your Hands



Two-Student Dialogue:

[Start speaking here.]

Student #1: Hey [name of student], give me a high five!

Student #2: Ugh! No – I just saw you SNEEZE into that hands.

Student #1: But that's what I'm SUPPOSED to do, so germs don't fly into the air!

Student #2: My mom says it's better to sneeze into a tissue or into the sleeve of your shirt and always wash your hands afterwards. You don't want to get other kids sick, do you?

Student #1: No – I guess you're right. What other times should I wash my hands?

Student #2: Good question. A few other important times are

- before you eat,
- after you go to the bathroom,
- after being around someone who is sick,
- after playing outside, and
- after touching animals.

Student #1: OK, OK – I'm heading to the sink!

How to wash your hands properly: Use soap and warm water. Make a lather. Scrub thoroughly for 20 seconds – palms, back of hands, between fingers, under nails. Rinse well and use a paper towel to shut off the faucet. Dry hands completely.

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