



Washing our hands

Washing our hands is part of our personal hygiene routine. Personal hygiene refers to our way of cleaning and caring for ourselves to prevent the spread of germs in our bodies.

Why wash hands with soap?

- Our hands are the most important part of our body. We eat, work and write using our hands.
- Our hands are the most dangerous parts of the body that can spread diseases like cold, flu and diarrhoea.
- It is very important to always wash our hands with soap and clean water to remove germs.
- The simple act of washing hands with soap can prevent diarrhoea.
- Handwashing with soap should be encouraged at right times
- Handwashing can be considered a "do-it-yourself" vaccine.

When should we wash our hands with soap?



Before, during, and after preparing food



Before eating food



Before and after caring for someone who is sick



Before and after treating a cut or wound



After using the toilet



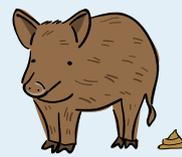
When your hands look dirty



After changing diapers or cleaning up a child who has used the toilet



After blowing your nose, coughing, or sneezing



After touching an animal, animal feed, or animal waste



After touching garbage

How to wash hands

STEP 1



Wet your hands with clean water and apply soap.

STEP 4



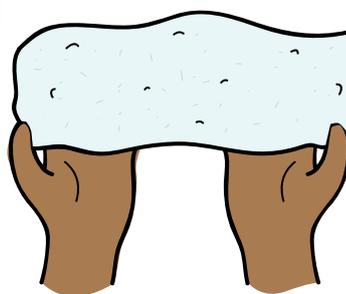
Rinse your hands well under clean, running water.

STEP 2



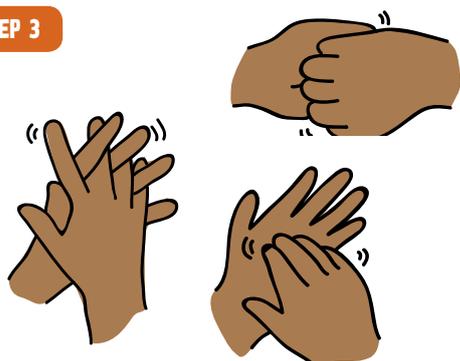
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

STEP 5



Dry your hands using a clean towel.

STEP 3



Scrub your hands for at least 20 seconds.

Keeping fingernails short and clean



Dirt and germs hide under fingernails. This is why it is important to keep your fingernails short. If fingernails are short they are easier to keep clean.

You should only use nail clippers or nail scissors to cut your finger nails. Do not bite them because this will mean you will swallow dirt and germs.

Clean your fingernails for about 20 seconds for each hand. Don't forget to clean your thumbnails.

Read this story

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I have two hands.

They are full of germs though they look clean. Germs can give me diarrhoea, cold, flu and vomiting.

Germs spread on my hands if I don't wash my hands after using the toilet.

I must wash my hands with soap and clean water after using the toilet.

Germs spread on my hands if I play with animals. I must wash my hands with soap and clean water after playing with animals.

Germs spread on my hands if I touch dirty things. I must wash my hands with soap and clean water after touching dirty things.

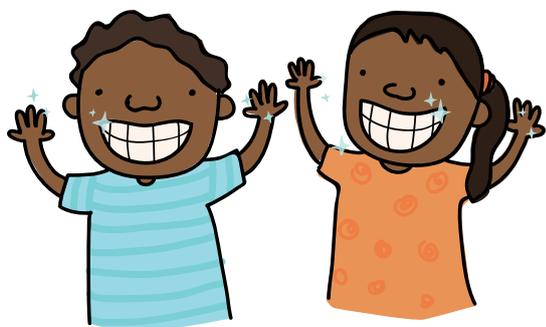
Germs spread on my hands if I do not wash them after a while I must wash my hands with soap and water every time.

Germs are always there on my hands before I eat. I must always wash my hands with soap and water before and after eating.

Even my hands look clean but they are not germ free. I must always wash my hands with soap and clean water to prevent germs all the time.

Ah! Ah! I live a healthy and happy life. I always wash my hands with soap and clean water before eating and after using the toilet. Hooray! Bye-bye! Diarrhoea

You can't make me sick. I am strong and healthy.



Hand washing with Soap Song

(to the tune of this old man)

Wash your hands wash your hands
wash your hands with soap or sand

It's the way to keep your body clean
wash your hands its good hygiene

Use the soap use the soap teach
the germs they have no hope

It's the way to keep your body clean,
use the soap its good hygiene

Water wins water wins water
with soap cleans our skins

It's the way to keep your body clean,
water with soaps good hygiene.

New words

germs

aekan nako maninnaoraki

dangerous

e kangaanga, kakamaku

transmitted

e butinako, ewe

diseases

aekan aoraki

vaccine

te iti

reduce

kakerikaaka

incidence

te bwai ae e ririki

infectious

eweewe

