

# Clean Hands, Healthy Bodies



Hand washing can stop kids from getting sick. Use soap and water to wash your hands before eating, after using the toilet and after touching animals.

Teach your child to wash their face as well, this will help stop illnesses like trachoma.



To make sure you kill germs, wash your hands for about 30 seconds, or for as long as it takes to sing a little song.

You could sing anything you like, in first language or English. Here are two English songs you could try:

*This is the way we wash our hands, wash our hands, wash our hands,*

*This is the way we wash our hands to get them nice and clean.*

*This is the way we shake them off, shake them off, shake them off, this is the way we shake them off to get them nice and dry.*



*Twinkle, twinkle little star,  
Look how clean my two hands are.*

*Soap and water wash and scrub,  
Get those germs off rub a dub,  
Twinkle, twinkle little star,  
Look how clean my two hands are.*

