



I Can Be Safe and Healthy by Washing My Hands!

<https://cainclusion.org/teachingpyramid/walking-up-the-pyramid/>
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Adults are telling me to wash my hands so I do not get sick or spread germs to other people.



They say washing my hands for 20 seconds will
keep me and others safe and healthy!

I can stay safe and healthy by washing my hands ALL the time!



- I wash my hands after I go to the bathroom.



- I wash my hands before I eat.
- I wash my hands after I eat.



- I wash my hands after I play outside.
- I wash my hands after I play with my toys.



- I wash my hands after I cough or sneeze.



- I wash my hands after I play with my pet.



- If I go somewhere, I wash my hands when I come home.



Sometimes I don't want to wash my hands, but I know if I wash my hands, I can stay safe and healthy and I can keep others safe too!



I can make handwashing fun by doing other things at the same time!



- I can make soapy bubbles and wash them away.
- I can sing a song.



- I can count to 20.
- I can say my ABC's.



My family will be happy and proud that I am being safe by washing my hands! I am helping my family be safe and healthy too!

