

Germs are Gross!

- There are over 200 different cold-causing viruses.
- Rotavirus causes diarrhea. It can stay on your desks, toys and counters for up to 10 days!
- You put your hands or objects in your mouths every 2-3 minutes, which means whatever yucky germs you touched go right into your mouth!
- The salmonella bacteria cause food poisoning. It can survive on counters for a whole day and on clean kitchen cloths for two days!

How to Wash your Hands (the Right Way)



1. Wet your hands with warm running water before you get the soap.



2. Rub your hands together to make as many bubbles as you can.



3. Make sure the bubbles get all over the front and back of your hands, between your fingers and under your nails. Try to rub your hands for at least 15 seconds.



4. Rinse all the bubbles off under warm running water.



5. Dry your hands off with a clean towel, paper towel or air dryer.



6. If you get something gross on your hands and you don't have soap and water, hand sanitizers or wipes can help.