

WASH, WASH, WASH YOUR HANDS

6 Steps of Handwashing

Step #1:
Wet your hands with warm water.

Step #2:
Apply soap.

Step #3:
Rub your hands together, and even get between those fingers for 20 seconds.

Step #4:
Don't forget your fingernails. Use a nailbrush if you have one.

Step #5:
Rinse the germs away.

Step #6:
Dry your hands.



www.scrubclub.org

Scrub Club® Word Search

U N L G W B F H J Z Z X W R Y
 C T A A N C U C J B A V P A G
 Z R T E J I N B Y V Z N K T D
 A E N H L G H U B M C W A S U
 R L N G T C S S K L X Y Y R P
 Z E E H G V E W A B E O H E G
 B A C T E R I A U W M S F P Y
 P M O A R T T L W X D W L A Y
 A S C O M F C H M B Y N V O X
 O D X L S B P Q B L O A A S E
 S M Q M U A G P C V E X E H W
 Q H D R F F T H E H A F J W X
 C Q C R A L T K A A O M P E N
 Q S G C F E W T H H T O O B
 W L S D N A H T B F P B D C S

BACTERIA
 BUBBLES
 CLEAN
 GERMS
 HANDS

HANDWASHING
 SCRUBCLUB
 SOAP
 SOAPERSTAR
 WATER

Join the Scrub Club®!

Your mom probably reminds you to do it all the time. So does your teacher. What are we talking about? Washing your hands!

Wash up!

Handwashing is more important than you think. Did you know that pens, pencils, crayons, sports equipment, drinking fountains, and doorknobs all carry germs? Yuck!



Since germs can spread very quickly, it's important to wash your hands often, especially before eating or after using the bathroom.

The Scrub Club®

Join Hot Shot & Chill, Squeaks, Taki, Scruff, Tank, and P.T. to help fight germs the Scrub Club® way - by washing those hands!

Can you match the Six Steps of Handwashing to their correct number?

- Rinse germs away _____ 1
- Don't forget to clean your fingernails _____ 2
- Dry your hands _____ 3
- Apply soap _____ 4
- Wet your hands with warm water _____ 5
- Rub your hands together for 20 seconds. _____ 6

Can you help Taki unscramble these words?

- Oaps _____
- Trawe _____
- Mergs _____
- Blebbus _____
- Dansh _____

Help the Scrub Club® Gang find their way to the soap!



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