

# Clean Hands...Healthy You!



ACTIVITY BOOK  
FOR GRADES 1 - 2

Updated December 2018

TBDHU.COM



# Clean Hands...Healthy You!

## Information for parents and caregivers.

Although they are very tiny and can only be seen with a microscope, germs can cause big problems, especially during cold and flu season. There are two important infection control strategies that can reduce the spread of illness-causing germs.

### 1. CLEAN HANDS

If you have soap and water, here's how:

1. Wet hands with warm water.
2. Use soap and scrub for 15 seconds while singing the alphabet song slowly.
3. Rinse and dry - if you're outside of the home, use a paper towel to turn the tap off.

*Wash my hands with soap you see,  
Wash them clean as clean can be.  
Inside, outside, my fingers too.  
Around my thumbs and then I'm  
through.  
Now rinse away the dirt and stains,  
Send those germs down the drain!  
Sung to the tune "Twinkle, Twinkle  
Little Star" Author: Carole Cooper*

No soap and water? Here's how:

1. Use a hand sanitizer with at least 60% alcohol.
2. Apply a dab and rub; don't forget between the fingers and backs of the hand.
3. Rub for 15 seconds until hands are dry.

### 2. COVER COUGHS AND SNEEZES

No tissue? Here's how:

1. Cough or sneeze into the upper sleeve, not the hands.
2. Wash hands with soap and water OR
3. use hand sanitizer.

If you have a tissue... here's how:

1. Cover with a tissue.
2. Put used tissues in the garbage.
3. Wash hands with soap and water OR use hand sanitizer.

*Cover your mouth, cover your nose.  
Use a clean tissue for all your blows!  
No tissue in sight? Don't despair.  
Use your sleeve to keep germs out of  
the air!*

### HELPING CHILDREN LEARN

1. Review the proper way.
2. Offer gentle reminders.
3. Be a role model.

For more information call the Health Unit at 625-8318 or toll-free at 1-888-294-6630, ext. 8318. Visit our website at [TBDHU.COM](http://TBDHU.COM) and search "Hand Hygiene".

### AVOID PRODUCTS LABELED AS ANTIBACTERIAL.

What's wrong with antibacterial soaps and lotions?

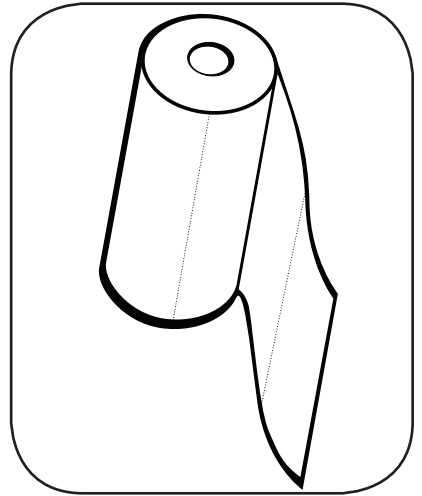
Triclosan is one of the three main chemicals in antibacterial soaps. Triclosan is absorbed by your body. Health effects can include skin irritation, allergies and hormone problems. Most of these products are washed down the drain, passing through water treatment plants and back into streams and lakes. Triclosan is toxic to algae and has been found in fish, where it may also have hormonal effects. It may also promote the growth of stronger, more resistant bacteria.

For more information, visit [ecosuperior.org/triclosan](http://ecosuperior.org/triclosan)

# Clean Hands...Healthy You! - 1, 2, 3

Put the steps in order from step 1 to step 3.

\_\_\_\_\_ Dry your hands with a paper towel  
\_\_\_\_\_ and use the towel to turn off the taps.



\_\_\_\_\_ Wet your hands with warm water.



\_\_\_\_\_ Use soap to scrub away the germs.

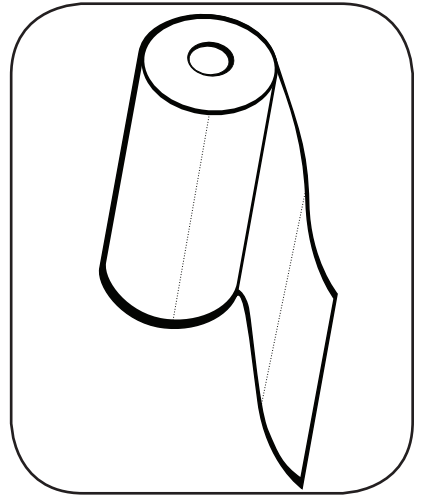


# Clean Hands...Healthy You! - Missing Letters

Fill in the missing letters.

dry

h \_ \_ n \_ \_ s



w \_ \_ t \_ \_ r

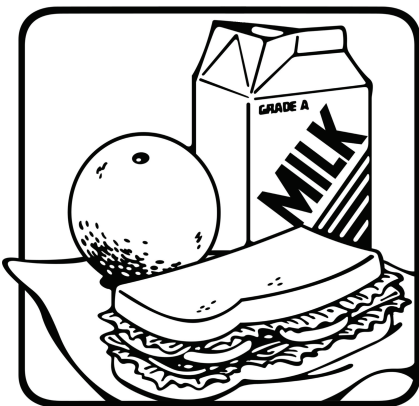
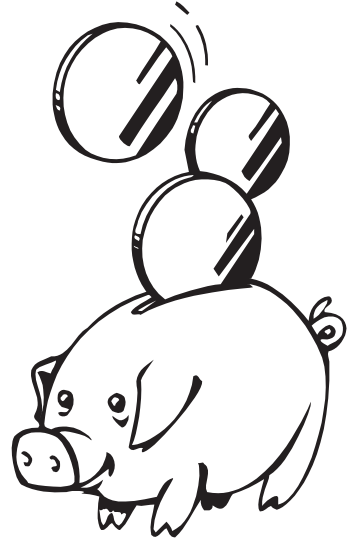
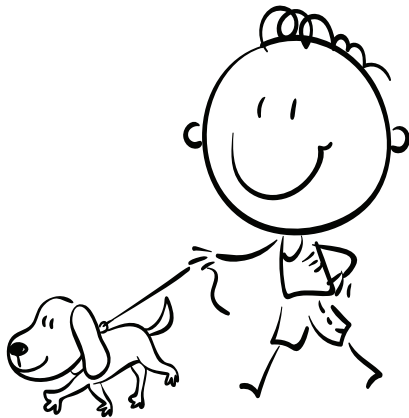


s \_ \_ \_ \_ p



# Clean Hands...Healthy You!

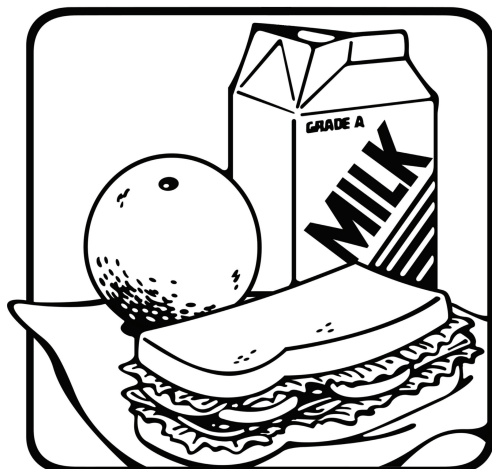
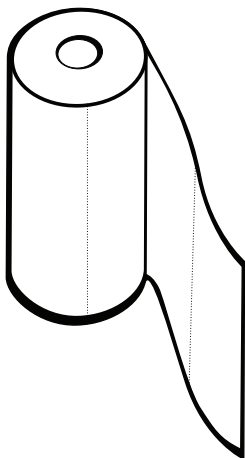
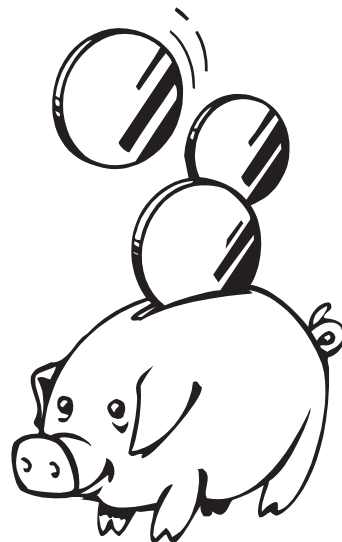
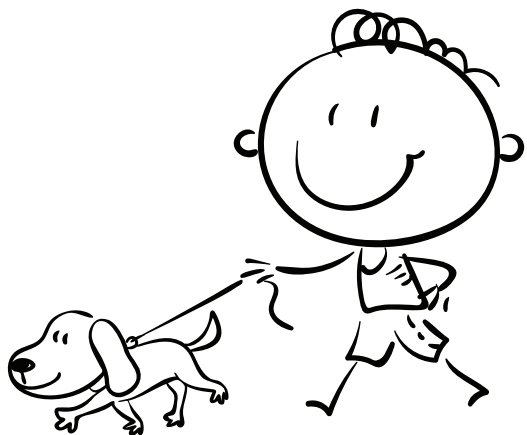
When should you wash your hands? Circle the pictures.





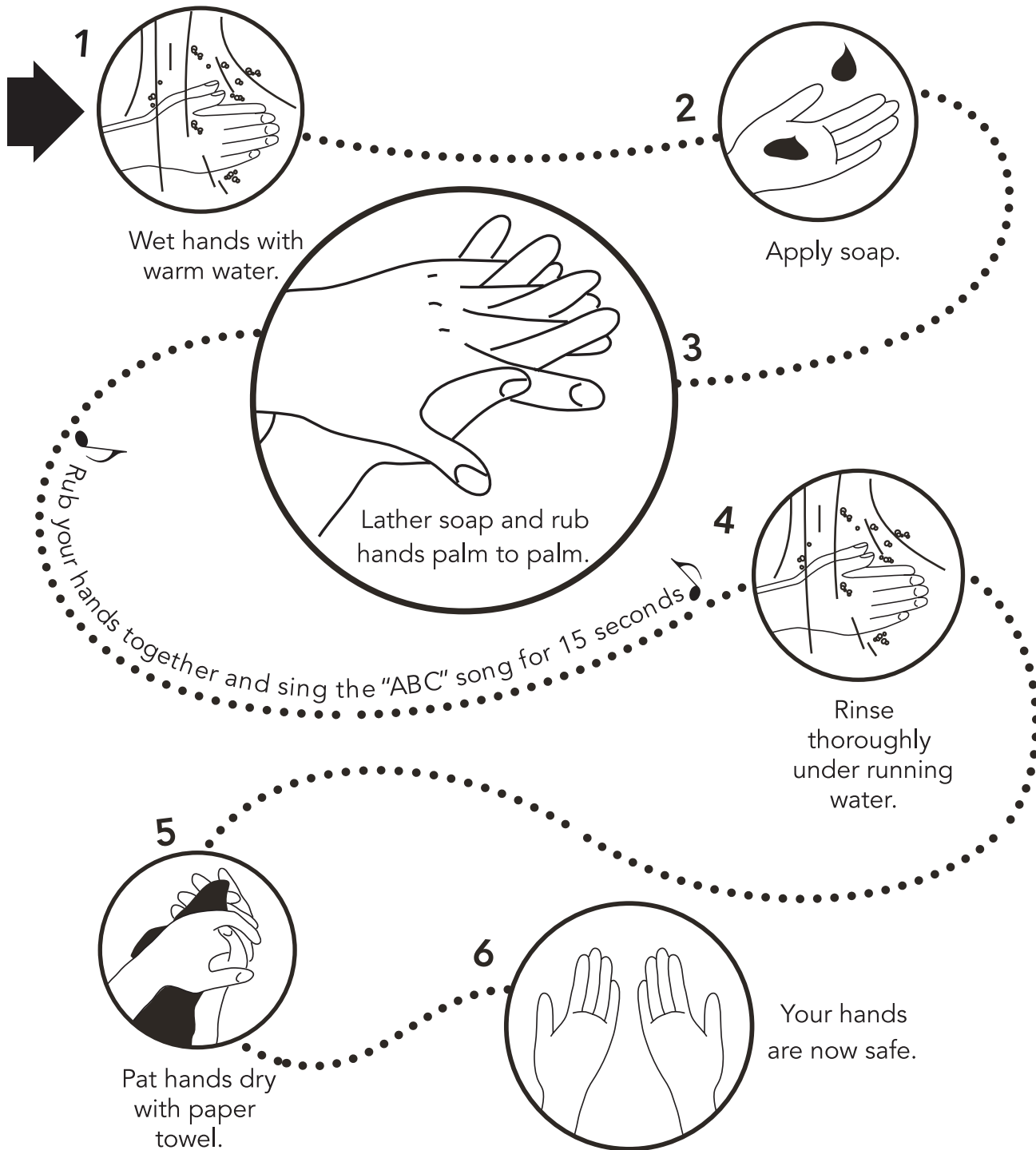
# Clean Hands...Healthy You! - Where germs live.

Put an X through the pictures where germs live. Circle the things you need to wash your hands.



# Clean Hands...Healthy You!

## How to wash your hands.



## DISTRICT OFFICES

### **Greenstone**

P.O. Box 1360  
510 Hogarth Ave. W  
Geraldton ON P0T 1M0  
(807) 854-0454

### **Manitouwadge**

1-888-294-6630

### **Marathon**

P.O. Box 384  
Marathon Library Building 24  
Peninsula Rd.  
Marathon ON P0T 2E0  
(807) 229-1820

### **Red Rock**

P.O. Box 196  
Superior Greenstone District  
School Board Learning Centre  
Suite 2  
40 Salls Street  
Red Rock, ON P0T 2P0  
(807) 886-1060

### **Terrace Bay**

P.O. Box 1030  
McCausland Hospital  
20B Cartier Rd.  
Terrace Bay ON P0T 2W0  
(807) 825-7774