

I Keep My  
Hands Clean



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**RWJ**Barnabas  
HEALTH

Children's  
Specialized  
Hospital





It is important to keep my hands clean to help prevent getting sick and spreading germs to other people.



I always wash my hands before I prepare food to eat.



I always wash my hands after I use the bathroom.



It is important to wash my hands after I blow my nose, cough or sneeze.

After I touch my mouth, nose, or hair, I wash my hands before touching food.





Other times I should wash my hands are after I touch an animal and handle trash.  
Whenever my hands look dirty, I should wash them.



When I turn on the water, I need to make sure it is not too cold or too hot. First I turn on the cold water. Then I adjust the temperature with hot water.

Once the water is the right temperature, I can begin washing my hands.



# Let's get to know each other !

Find more great resources at  
[RWJBH.org/CSH](http://RWJBH.org/CSH)

