

HAND ZONE

PLAY BOOK



Its very important to wash your hands with soap & water for 15 –20 seconds to help clean off the germs.

Practice this by saying your team's cheer or singing your favorite song while you wash!

SCRAMBLE PLAY

Unscramble these words using the clues provided

REGMS _ _ _ _

You can't see them but they are everywhere

POSA _ _ _ _

Using this will help you keep your hands clean

DANSH _ _ _ _

These are one of the dirtiest places on your body

CISK _ _ _ _

Not washing your hands properly may make you this

WORD SEARCH

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

BATHROOM	OUTDOORS
SICK	HANDS
SNEEZE	GERMS
SOAP	EAT
WATER	COUGH

Other places you can visit on the internet with an adult to learn more about staying healthy and healthy habits:

www.healthykids.org

www.bam.gov

www.scrubclub.org

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DEFENSE



Did you know that washing your hands often is one of the best defenses against the spread of germs that leads to certain sicknesses?
To learn more visit: www.scdhec.gov/health/mch/childcare/hygiene.htm

KNOW WHEN TO WASH YOUR HANDS

- 👤 Before You Eat
- 👤 After Using the Bathroom
- 👤 After Touching Pets or Animals
- 👤 After Playing Outdoors
- 👤 After Sneezing Or Coughing
- 👤 After Touching Garbage Or Trash

STOP AND GIVE IT 20 SECONDS

- 👤 Use warm, running water and soap
- 👤 Rub your soapy hands together for 15 - 20 seconds, about as long as it takes to sing the ABC's
- 👤 Be sure to wash the backs of your hands, between the fingers and under the fingernails
- 👤 Rinse your soapy hands with clean, warm water
- 👤 Pat dry with a clean paper towel
- 👤 Use the paper towel to turn off the water faucet and then throw the paper towel away

TIME OUT

If you are not near clean water and soap you can use hand sanitizer to help clean your hands of germs.

Just put the sanitizer in one hand and rub it all over hands and fingers until it dries.