

Washing Your Hands



Listen to Billy teach kids how to wash their hands on
Billy Gorilly's Podcast for Kids episode 10 at
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When are the best times to wash your hands?

- * Wash after playing outside
- * Wash before eating or touching food
- * Wash after blowing your nose or coughing
- * Wash after using the bathroom
- * Wash after touching pets or other animals
- * Wash before and after visiting a sick relative or friend

Washing your hands the right way can help keep you from getting sick. Many people don't know how to wash their hands so they get clean. Some people just get lazy and don't bother washing their hands at all. Did you know that doctors and nurses take special classes to learn the right way to wash their hands? It's true, they do. I want to teach you how to wash your hands so you can make them nice and clean.

1. Use warm water when you wash your hands.
2. Use whatever soap you like. Antibacterial soaps are OK to use, but regular soap works fine. Some soap comes in fun shapes and smell good too.
3. Work up some bubbles on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around your nails. This is one place germs like to hide. As you wash, **slowly count one-Billy Gorilly, two-Billy Gorilly all the way up to ten-Billy Gorilly**. This should take about 10-20 seconds.
4. Now carefully rinse all the soap off your hands.
5. Dry your hands with a nice clean cloth or paper towel. A clean paper towel works the best because you can dry your hands, use it to turn off the water, then throw it away in the trash.

