

Good hand-washing kills germs



Serving Hoosier Healthwise,
Healthy Indiana Plan and Hoosier Care Connect

**Germs are everywhere. You
can't see them, but they
can make you very sick.**

Germs can spread when you:

- Cough.
- Sneeze.
- Touch someone.
- Touch an object like a doorknob or toy.

Make hand-washing fun!



Sing songs like this:
(to the tune of "Row,
Row, Row Your Boat")

Wash, wash, wash your hands
Scrub them really good
Make germs go away
Stay healthy like you should

Germs hate soap and water!



Stop the spread of germs!

Pick the water drops that tell you when
to wash your hands. Color these blue.
Color the rest of the water drops red.

Before
you put your
shoes on

Before
you eat

Before
you go out
to play

After
you use the
bathroom

Before
you sing

After
you cough
in your
hands

After
playing
with pets



Time for a joke!

What runs but does not walk?

There is a
right way
to wash
your hands.

Write down the first
letter of each word.
Then write down
every other letter. The
first one is done for
you. When you solve
this puzzle, it will tell
you the right way to
wash your hands.

Example: U G S D E W E A U R K M W Q A N T T E I R
U S E W A R M W A T E R.

U R S W E L R O W T A S O P F S A O R A L P

S D C U R Y U R B Y T O D U K R P H P A K N T D L S

C G O E U I N A T T H O T N E A N

R Y I Q N L S U E S U O T A O P O S F G F

D T R E Y Y W O I U P R H V A J N S D T S

Do you need help with your health care, talking with us or reading what we send you? We provide our materials in other languages and formats at no cost to you. Call us toll free at 1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan); 1-844-284-1797 (Hoosier Care Connect); TTY 711.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos sin costo alguno para usted. Llámenos a la línea gratuita al 1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan); 1-844-284-1797 (Hoosier Care Connect); TTY 711.

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Joke:
the faucet
Drop coloring:
after you blow your
nose, before you eat,
after you use the bathroom,
after you cough in your hands,
after playing with pets
Red drops:
before you put your shoes on,
before you go out to play,
before you sing
Hidden phrase:
Use lots of soap.
Scrub your hands.
Count to ten.
Rinse soap off.
Dry your hands.