



THE HANDY HAND WASHING HANDBOOK

This book has been clinically approved
by the **NHS**

Words by Seamus Hilley & Darren Ruddell
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If you spent the whole morning making mud pies
Or combing a hamster or poking dead flies
Then you need to do something that's clever and wise
Wash your hands, wash your hands, wash your hands





When you've flushed and you're just coming out of the loo
After doing a wee or a big smelly poo
Then you know what's the proper and right thing to do
Wash your hands, wash your hands, wash your hands





If you just took your finger out of your nose
And found something green and sticky and gross
Don't wipe that big bogey off on your clothes
Wash your hands, wash your hands, wash your hands

When you're hungry and really want something to eat
Or your mouth starts to water for some lovely treat
Unless you can pick your food up with your feet
Wash your hands, wash your hands, wash your hands





But if you touch something that sparkles and gleams
And it doesn't seem dirty then maybe that means
You don't need to wash as your hands look so clean?
WRONG! Wash your hands, wash your hands, wash your hands

1



Wash your palms where the soap first lands

Next do the knuckles and backs of your hands

2



3



Lace your fingers together to shift the grime

4



Washing your fingers is next in line

5



Grab each thumb and give it a rub

6



Beneath your nails you'll need to scrub

7



You won't forget your wrists I hope

8



Now rinse off all that dirt and soap



If your family own a pet dragon or two
They can breathe on your hands till they're dry through and through
But maybe a drier or a towel will do
To dry your hands, dry your hands, dry your hands.





Each time you eat or work or play
Or meet your friends make sure that they
Be just like you and chase those germs away
Wash your hands, Wash your hands, Wash your hands



Hand washing facts



Germs can live on your hands for a long time.



Washing your hands with soap can help you stop getting sick.



Wash your hands for as long as it takes to sing happy birthday two times.



Always wash your hands before eating, touching food, a cut or a sore.

You should always wash your hands after:



Using the toilet



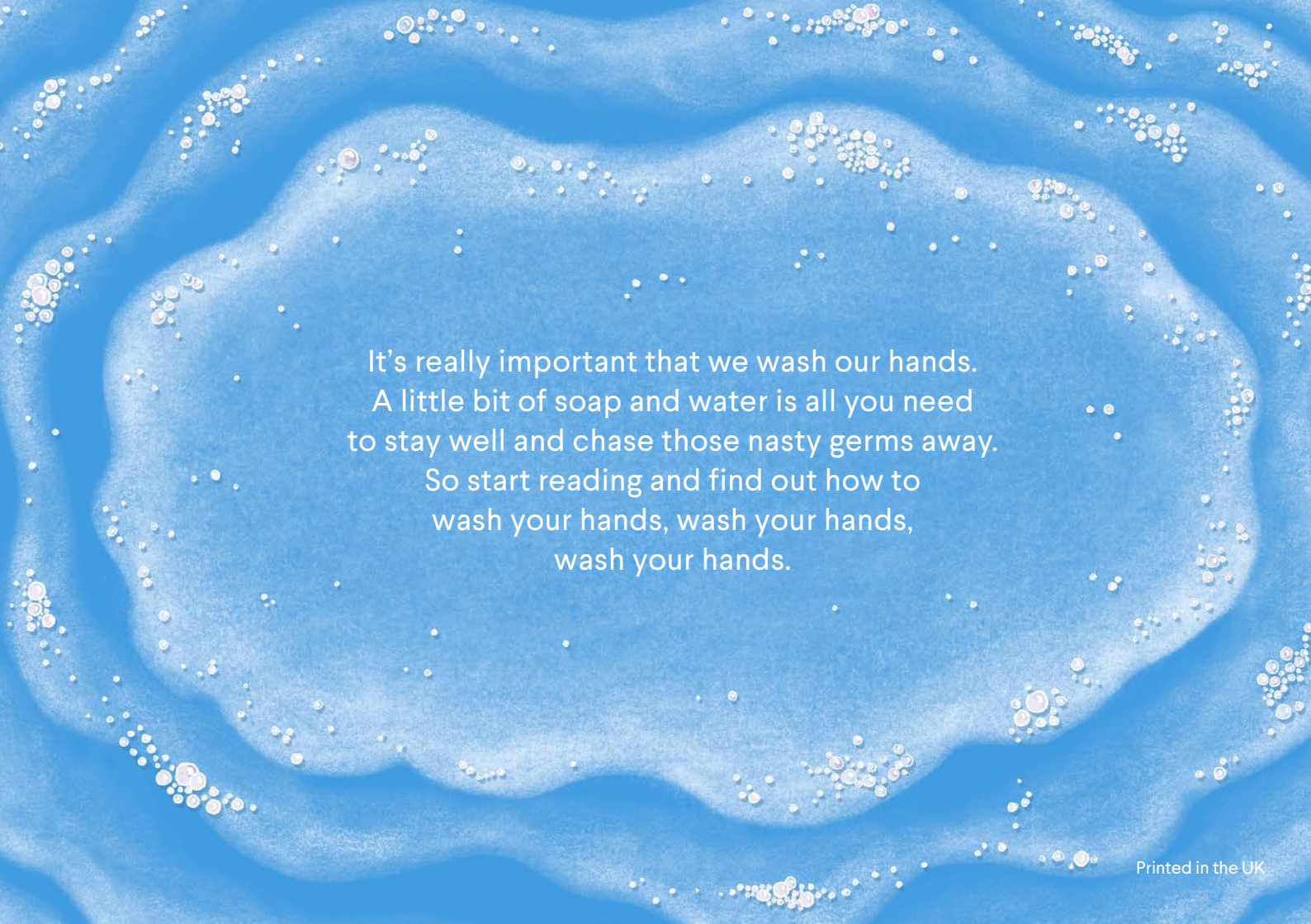
Blowing your nose



Sneezing or coughing



Touching a pet, its food or cleaning its cage

The background is a vibrant blue with a soft, textured appearance. It is covered with numerous white soap suds and bubbles of various sizes, some appearing as small dots and others as larger, more defined spheres. The suds are scattered across the entire frame, creating a sense of freshness and cleanliness.

It's really important that we wash our hands.
A little bit of soap and water is all you need
to stay well and chase those nasty germs away.
So start reading and find out how to
wash your hands, wash your hands,
wash your hands.