# handwashing quiz

Check your handwashing IQ with this quiz. (Answers appear below)

- 1) Just rinsing hands with water will do the job! *True* False
- 2) Using hot water will clean your hands best. *True* False
- 3) I should wash for at least 15 20 seconds. *True* False
- 4) I can wash only my palms and fingers and be ok.

True

False

5) It's best to dry my hands on my jeans.

True False

#### Answers

- 1. False. You need soap to actually get rid of germs on your skin.
- 2. False. Hot water is too uncomfortable and can make your skin rough and chapped. Warm water is best because you will wash longer.
- 3. True. Washing at least 15 20 seconds will remove most of those germs on your hands. Washing for less time than that won't remove enough germs.
- 4. False. Germs easily collect on other parts of your hands. Be sure to wash wrists, the backs of your hands and under fingernails too.
- 5. False. You can but your jeans may be dirty. Clean paper towels are the best way to dry your hands.

# why wash?

Most germs are harmless, but you can pick up some that cause illnesses.

When we forget to wash our hands, or don't wash them properly, we can spread germs to other people, or give them to ourselves by touching our eyes, mouth, nose or cuts on our bodies.



#### clean hands campaign

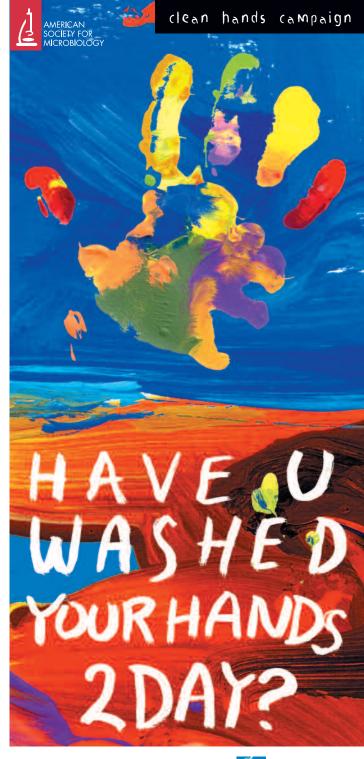
For more information, visit the official website of Clean Hands Campaign at

www.washup.org



www.asm.org







# HAVE U WASHED YOUR HANDS 2DAY?

### think about It

#### When you...

- → Borrow a pencil
- → Reach for a doorknob
- → Use a computer keyboard or mouse
- → Talk on a phone or cell phone
- → Shake hands or high-five
- → Handle a football, basketball, baseball bat, or barbell

Did the people who touched those items before you have clean hands?

Don't you wish they had washed their hands? Wouldn't the people who will touch those things after you want you to do the same? **Have you washed your hands today?** 

#### Before you...

- → Pick up a hamburger or eat anything with your hands
- → Touch your eyes or mouth
- → Put a band-aid on a cut or sore

...do you wash your hands?

#### After you...

- → Go to the bathroom
- → Blow your nose, cough or sneeze
- → Handle garbage
- → Touch a pet or clean up after a pet
- → Come in contact with someone who is sick
- → Rub your nose

...do you wash your hands?



clean hands

WORD SCARCH

SMREGCTOUCHPA

PDFMKSSENLLIF

XONRLHMQSHRVI

SRFAUCETOEGTN

RTCLHOPVTUZMGE

EVSKINRCAKBRE

TMOBUZAGSINKR

AWARTBOENDRHN

WHPWARSMLAPTA

EOGINYIXKCEQI

GNIHSAWDNAHBL

## can you find these words?

BACTERIA ILLNESS
CLEAN HANDS PALMS
DIRT SINK
FAUCET SKIN
FINGERNAIL SOAP
GERMS TOUCH
HANDWASHING WATER