

WHY DO I WASH MY HANDS?



WHY
DO I...?

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BY Madeline Tyler

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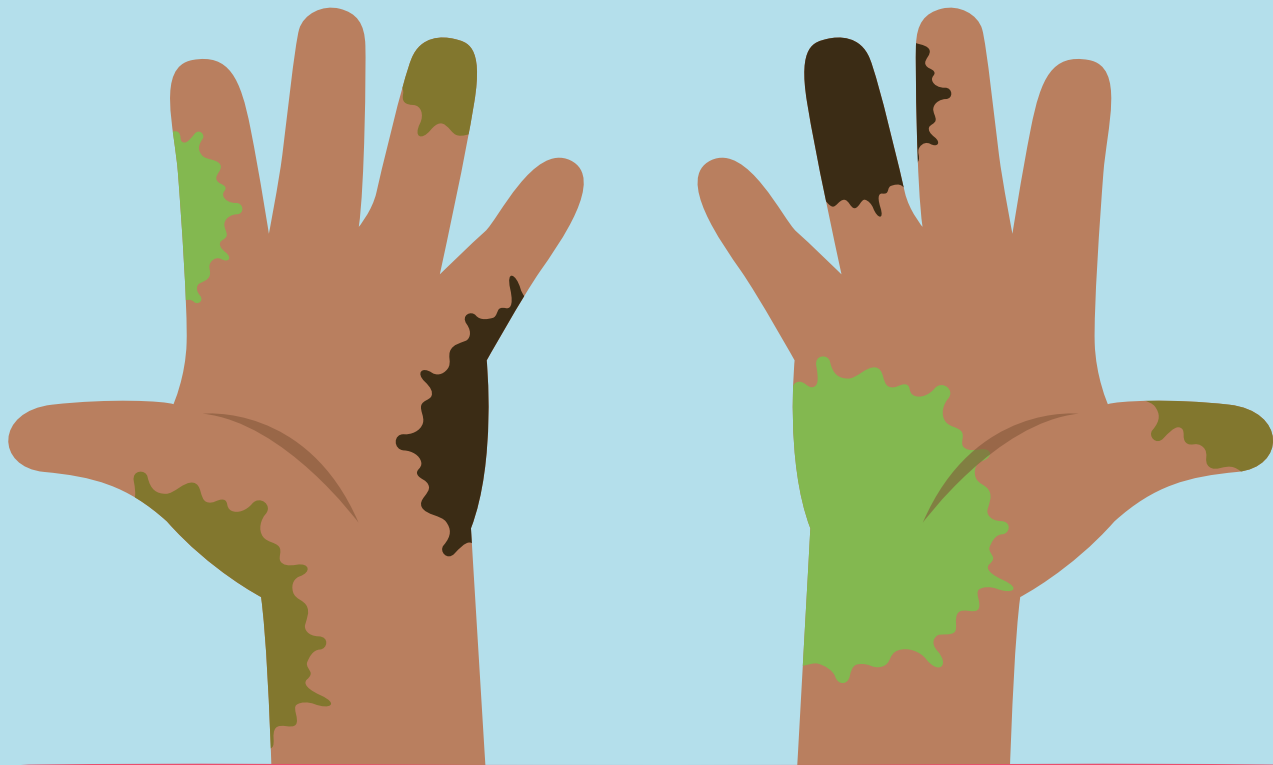


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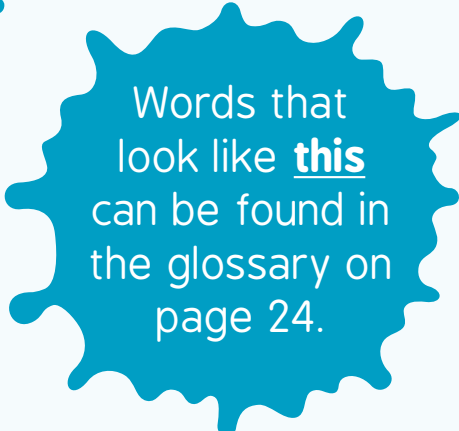
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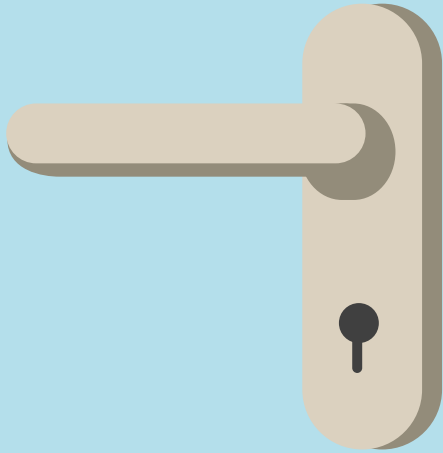


Words that look like this can be found in the glossary on page 24.

Helping Hands

We use our hands to touch things, push things, pull things and carry things. How many different things do you touch in a day?





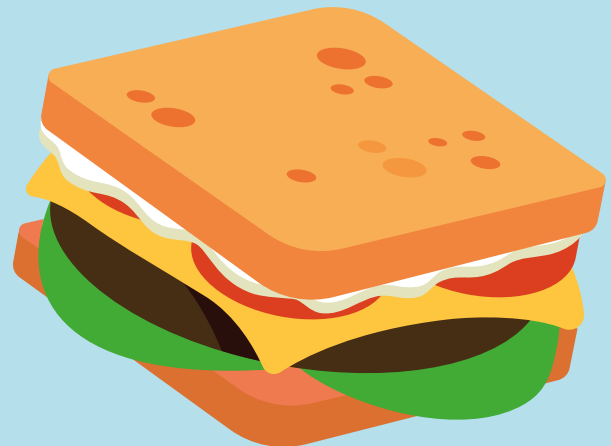
We open doors.



We play with toys.



We use tablets.



We eat lunch.

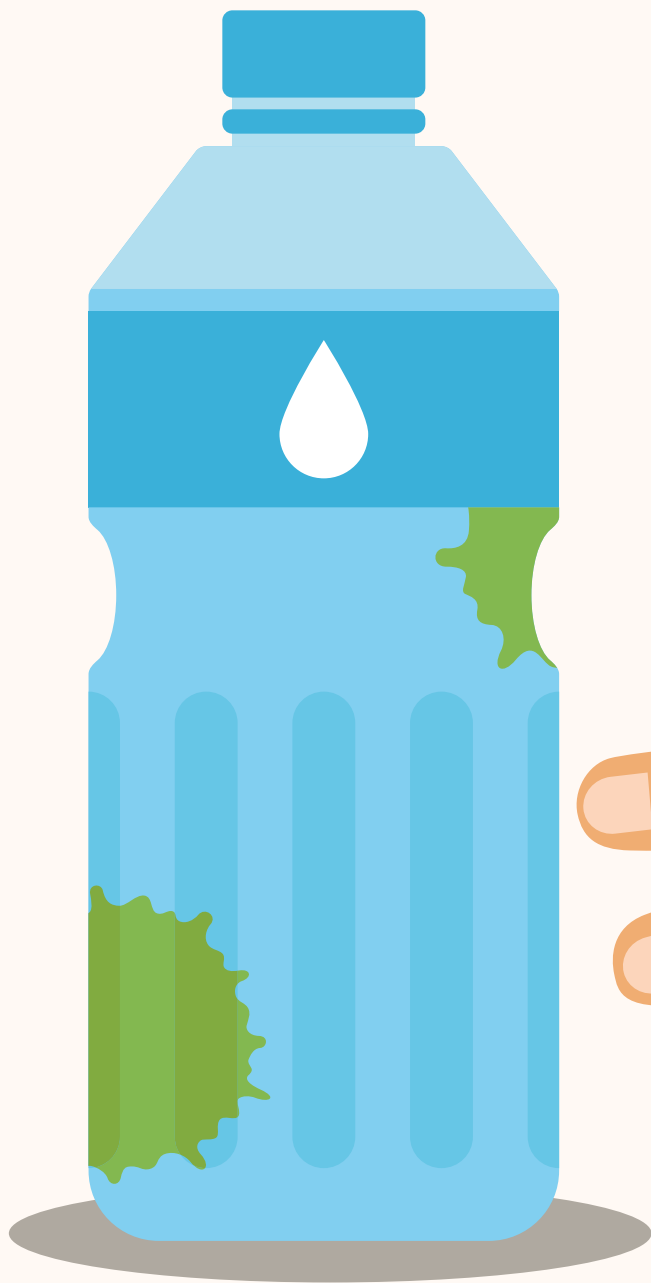
Are Your Hands Clean?

Look at your hands. Are they clean? Can you see any marks or bits of dirt on them?

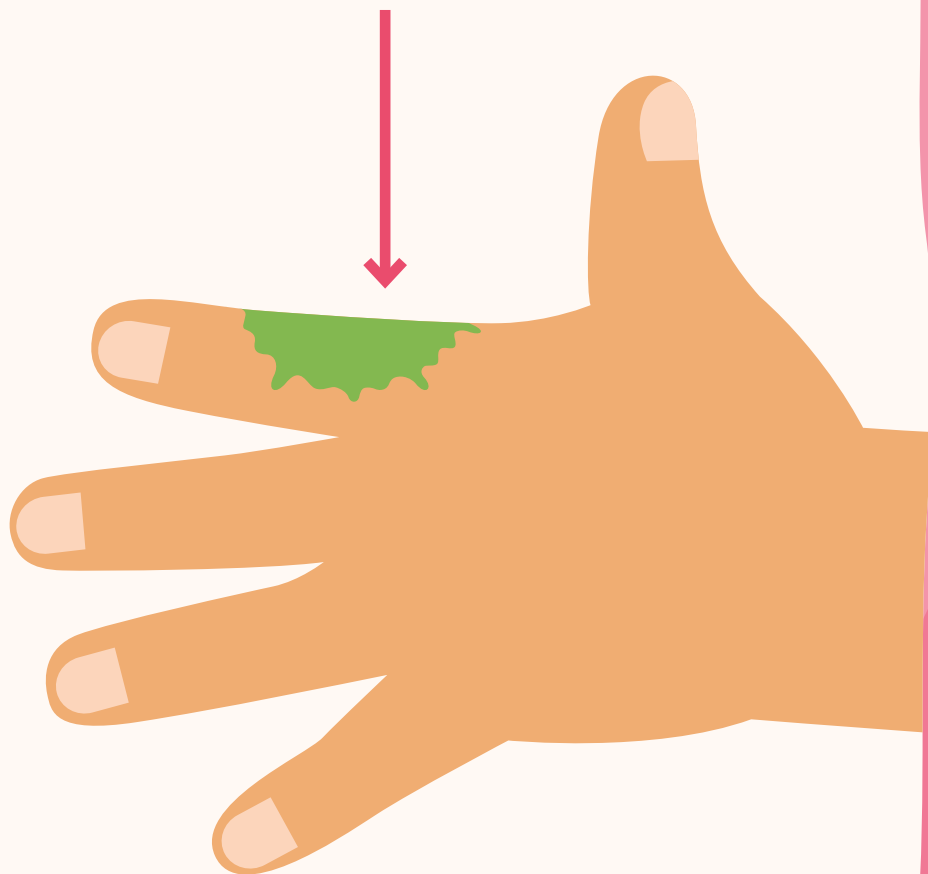


Even when
your hands look
clean, there might
be things on
them that you
can't see.

Think about all of the things you've touched today.
Were all of those things clean?



When we touch dirty things, it can make our hands dirty too.



Germs

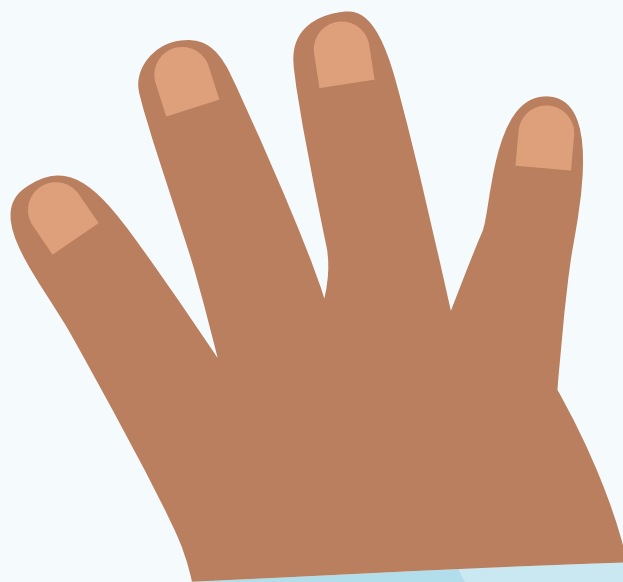
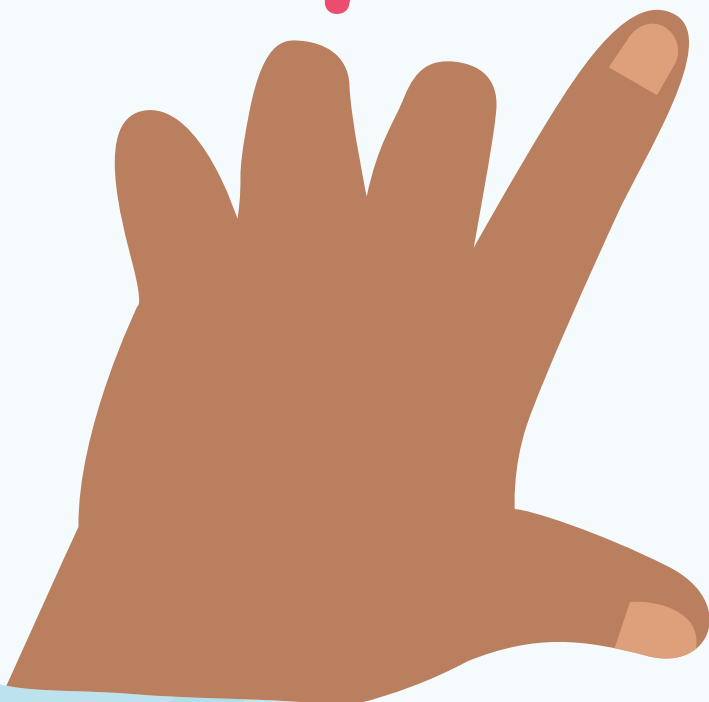
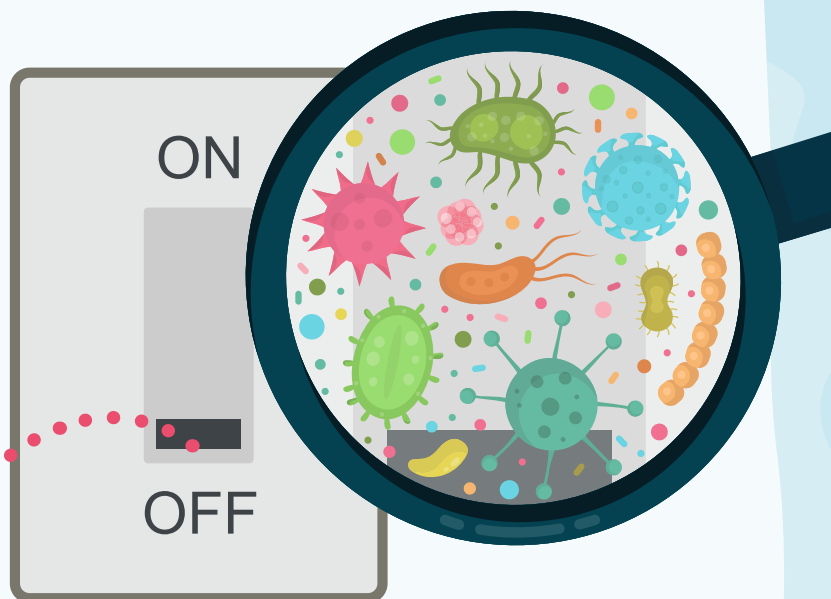
Germs are tiny things that are too small to see. Most germs do not hurt us, but some germs can make us ill if they get into our bodies.

Germs can live on our skin and on the surfaces of things.



When you touch things, your hands can spread germs from one thing to another. If somebody is ill, the germs they pass on could cause other people to become ill.

Washing
our hands is
important. It
helps to get rid
of the germs
on our hands.



Coughs and Colds

When you have a cold or feel sick, it is probably because some germs have got inside your body.

You might have breathed them in or touched your face or your food with dirty hands.



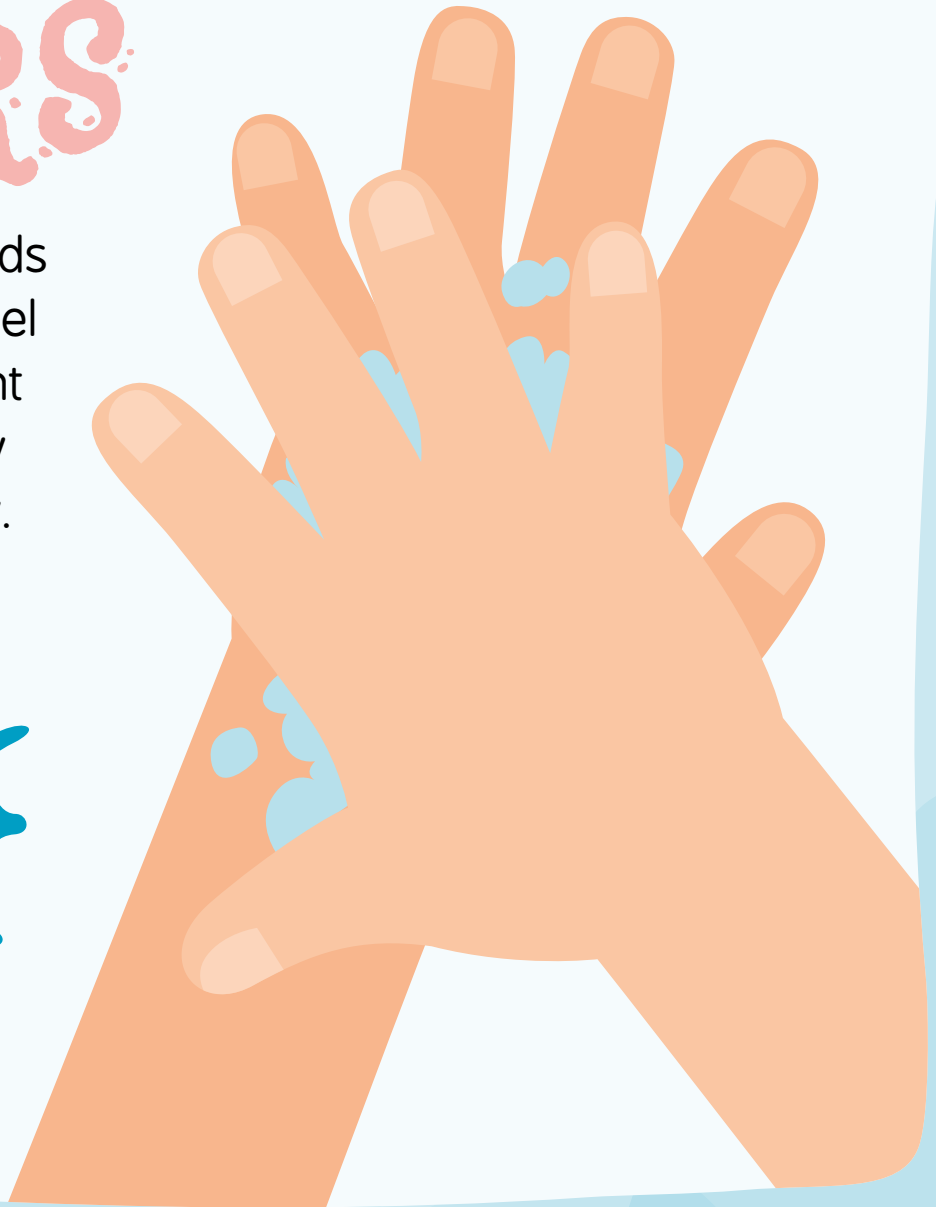
Germs can be spread by coughing, sneezing and touching things. If you are ill, it is easy to spread this illness to someone else, even if you don't mean to.

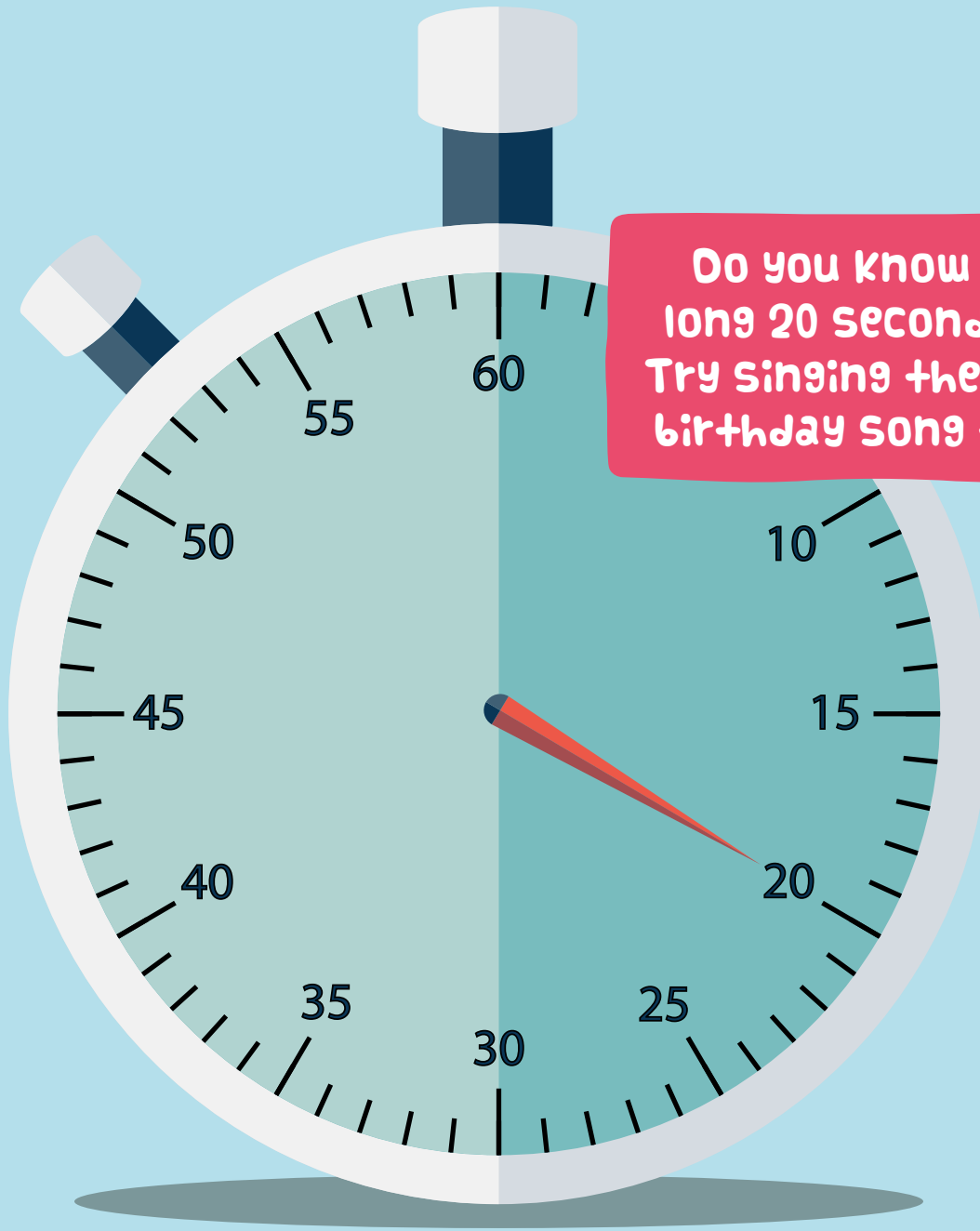


Why Washing Works

Even if you think your hands are clean, or you don't feel unwell, it is very important to wash your hands many times throughout the day.

**Washing
with Soap kills
all the germs
you cannot
see.**





Do you know how long 20 seconds is? Try singing the happy birthday song twice.

When you wash your hands, make sure to do it for at least 20 seconds. This gives you enough time to wash your hands all over.

When Should You Wash Your Hands?

Here are some times when you should wash your hands. Don't forget to use soap! Always wash your hands before:



Eating



Touching a
cut, a scrape
or a scratch



Touching
your face

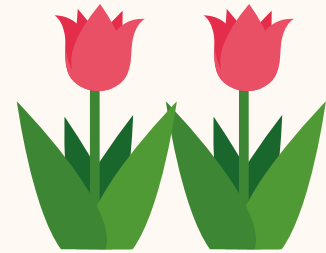
Always wash your hands after:



Going to the
bathroom



Touching
animals



Being
outside



Playing in
the park



Touching
rubbish



Coughing or
sneezing



Being near
someone who is ill

If you're
not sure,
wash your
hands!

How to Wash Your Hands

We can help stop germs and illnesses from spreading by washing our hands with soap and water. It is important to wash our hands properly.

1.



Wet hands with water and get lots of soap.

2.



Rub both palms together.

3.



Rub the backs of both hands.

4.



Rub in between
all the fingers.

5.



Rub around
each thumb.

6.



Clean underneath
each fingernail.

7.



Don't forget
to rub around
the wrists.

8.



Rinse hands
with water.

9.

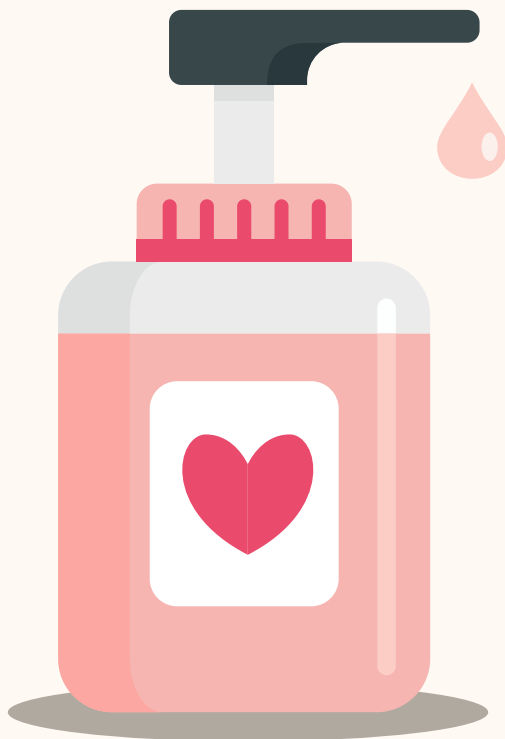


Dry hands with
a clean paper
towel. Use the
paper towel to
turn off the tap.

Healthy Hands

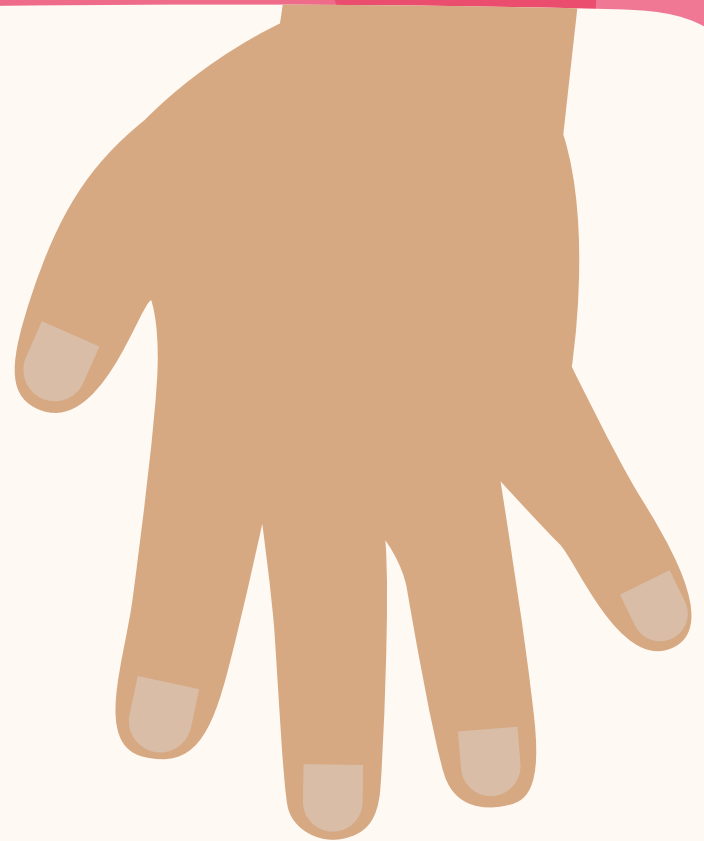
There are other things you can do to keep your hands happy and clean.

Washing your hands can make them dry and sore.



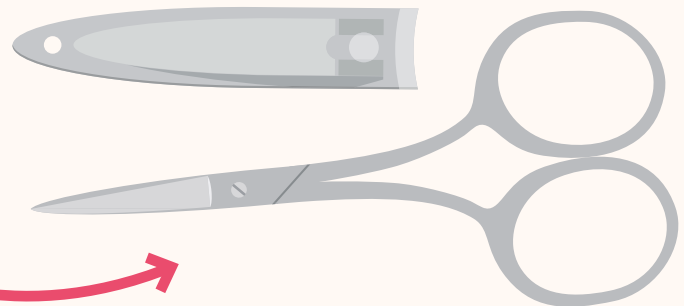
Make sure you always dry them properly and use moisturiser after.

Some germs live under fingernails.



Keep your nails short and trimmed to help them stay clean.

If you think your fingernails are long, ask a grown-up to trim them for you.



What else Can You Do?

Washing your hands can help you and other people stay safe from getting ill. Here are some other ways you can help.

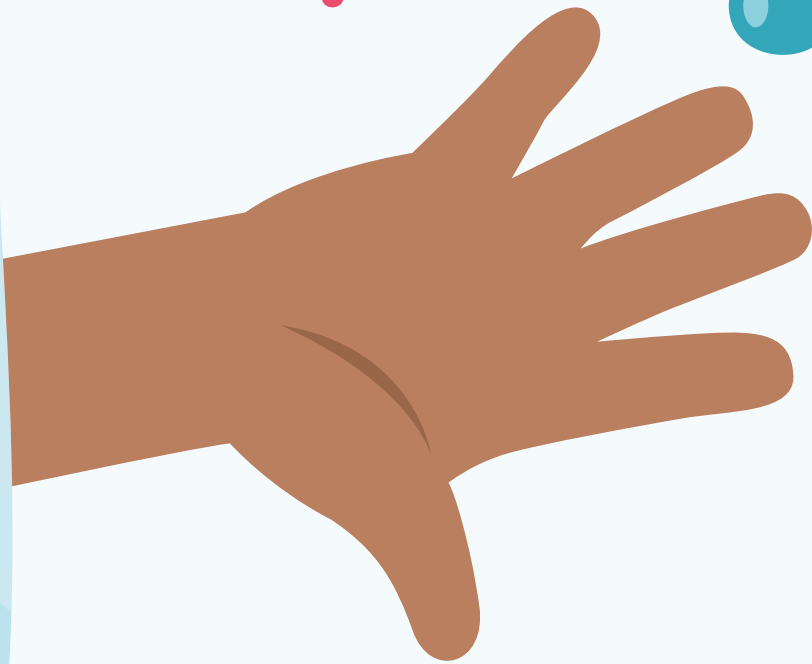


Cover your mouth with a tissue when you cough or sneeze to stop the germs from spreading farther through the air.

After sneezing, make sure you put the tissue in the bin and wash your hands.

It's always better to wash your hands with soapy water if you can.

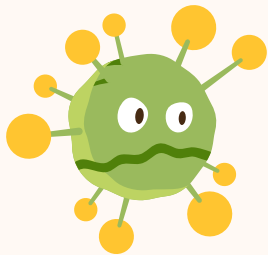
Hand sanitiser is a **gel** you can use to wash your hands when there is no soap or water nearby.



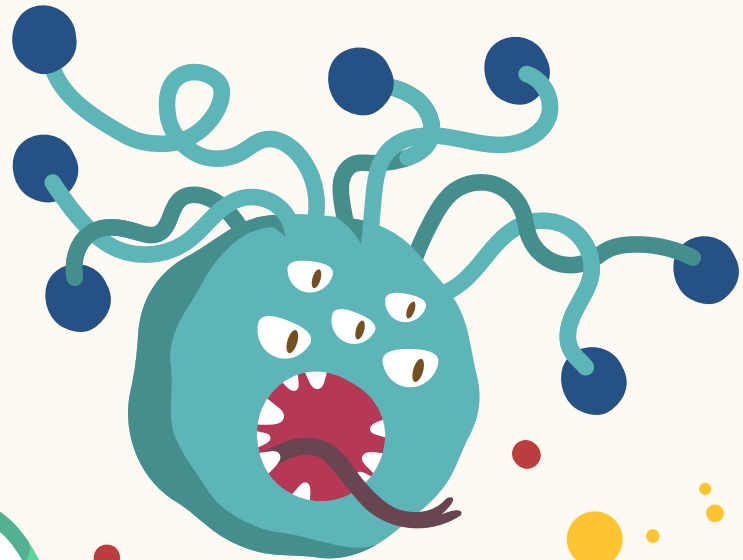
Squirt a little bit into your palm and rub it all over your hands, nails and wrists.

Germy Facts

Some germs can live on your hands for a few hours if you don't wash them.



Your hands can carry millions of germs on them.



Germs are bacteria, viruses or fungi.

Activity

Look at these children. Should they wash their hands before or after what they are doing?

A.



B.



C.



D.



Answers: A. After, B. Before, C. After, D. Before

Glossary

- bacteria** tiny living things, too small to see, that can cause diseases
- fungi** living things that break down other living or dead things for food – mushroom, yeast and mould are all fungi
- gel** something that looks like jelly
- germs** tiny living things, too small to see, that can make people ill
- moisturiser** a cream that makes your skin soft and smooth
- surfaces** the outside or top layer of things
- viruses** tiny living things, too small to see, that live inside other things and make them ill

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WHY DO I WASH MY HANDS?

From smelly poos to dribbly goos, bloody squirts to growing spurts:
bodies are amazing – and disgusting!

Have you ever wondered why we wash our hands?

What makes us cough and sneeze?

How does soap help stop you getting sick?

Washing your hands is important – read this book to find out why!



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