



Do you know the Facts about handwashing? **Check your knowledge:**

T or F

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| 1 GERMS CAN BE SPREAD BY NOT WASHING YOUR HANDS. | 6 WASH YOUR HANDS RIGHT AFTER USING THE TOILET. |
| 2 USING SOAP IS NOT NECESSARY FOR GETTING RID OF GERMS. | 7 WASH YOUR HANDS BEFORE EATING A MEAL. |
| 3 THE FIRST STEP TO WASHING YOUR HANDS IS TO WET HANDS THOROUGHLY. | 8 WHEN YOU ARE SICK WITH A COUGH OR SNEEZING, AVOID WASHING YOUR HANDS. |
| 4 WHEN WASHING HANDS, YOU SHOULD LATHER VERY WELL AND WASH FOR 20 SECONDS. | 9 IF THERE IS NOT A CLEAN TOWEL TO DRY YOUR HANDS WITH, YOU SHOULD AIR DRY THEM. |
| 5 WHEN WASHING YOUR HANDS, YOU SHOULD JUST FOCUS ON SCRUBBING THE FRONT OF YOUR HANDS. | |

True or False? **ANSWERS:**

1 T, 2 F, 3 T, 4 T, 5 F, 6 T, 7 T, 8 F, 9 T

**Talk to a health care provider you trust at
your workplace or in your community**

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