



## 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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