

## Keep Bacteria Away Wash Your Hands During The Day

Color a square each time you wash your hands.



	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Before Breakfast							
Before Lunch							
Before Dinner							

Completed the sentences that tell you how to fight bacteria and cut down on contamination.

1. Wash your \_\_\_\_\_ before preparing or eating food.
2. Use \_\_\_\_\_ and warm \_\_\_\_\_ to wash your hands.
3. Scrub your hands for \_\_\_\_\_ seconds.
4. Playing with pets can contaminate your hands with \_\_\_\_\_.
5. Cover your mouth when you sneeze or \_\_\_\_\_, then be sure to wash your hands.