

# HANDWASHING:

## Fact vs. Fiction

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Proper hand washing can help prevent the spread of disease.

Test your knowledge of proper handwashing by circling Fact or Fiction after reading each statement below.

1. Handwashing is only really important if you are sick.

**FACT**

**FICTION**

2. Washing hands helps prevent the spread of germs.

**FACT**

**FICTION**

3. Hand sanitizer can be used to get rid of all germs on your hands.

**FACT**

**FICTION**

4. To scrub your hands long enough, hum the Happy Birthday song twice.

**FACT**

**FICTION**

5. Bacteria can live under fingernails.

**FACT**

**FICTION**

# Fact vs. Fiction

## Answer Key



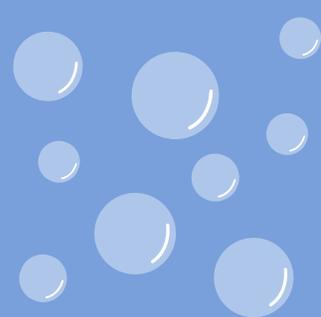
1. **FICTION:** Handwashing with soap is always important to remove germs from hands and help prevent sickness.
2. **FACT:** Washing hands **DRASTICALLY** reduces the risk of spreading germs and getting sick yourself. People often touch their eyes, noses and mouth without realizing it, introducing germs into their bodies.
3. **FICTION:** Hand sanitizer does not remove all germs from your hands, however, it can quickly reduce the number of germs on hands in many situations.
4. **FACT:** To scrub your hands for the recommended time, 20 seconds, you can sing the Happy Birthday song twice! Remember to scrub all surfaces of your hands, including the palms, back of hands, fingers, between your fingers and under your nails.
5. **FACT:** Bacteria on hands can live under fingernails. It's important to make sure you are scrubbing under your nails to wash away those germs.

### Sources:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

<https://www.cdc.gov/handwashing/pdf/handwashing-poster.pdf>

# Extensions:



## Activity 1:

It's time to show off what you have learned about handwashing! Design a poster, create a drawing or make a video that illustrates the 5 steps of handwashing (wet, lather, scrub, rinse, dry). Post your completed project on social media for HealthMPowers to see! We would love to feature your work!

## Activity 2:

The time has come... you, a handwashing expert, are about about to face off with the virus COVID-19! What might you say to COVID-19 during your showdown? How are you going to defeat it? Write out your dialogue spoken between you and COVID-19 during this important scene. Then perform a dramatic reading of the dialog with a family member.

## Activity 3:

When washing our hands, we sometimes forget a step. As a result, our hands do not get as clean. Take some time to write or type out a personal goal to help you improve your handwashing habits. Create a chart to track your progress. What do you need to meet your goal? How can you encourage others to practice good handwashing habits?

**Once you have completed one of the above activities, be sure to tag @HealthMPowers so that we can see the awesome work you have done!**

