

Educator's Guide to 6 Magic Moments when you should wash your hands

When	Why
Before and after eating	<p>Before: To prevent germs from contaminating the food we eat (which can make us sick).</p> <p>After: To clean your hands from any food residue (always wash hands after touching food).</p>
After playing (indoors or outdoors)	When playing outside, hands may be in contact with insects, garbage, soiled toys or dirt. Germs can live very well in these environments. Proper and frequent hand washing cleans away the germs, including harmful bacteria and viruses that may make you sick when you touch your eyes, nose or put your fingers in your mouth.
After going to the bathroom	Germs coming from your urine (pee) and stools travel to your hands when you clean yourself. If you don't properly wash your hands every time you use the washroom, and you touch your eyes, nose or put your fingers in your mouth, these germs can make you very sick.
After coughing and sneezing	When you cough or sneeze, germs can spread in the air in tiny droplets or on your hands. If you don't properly wash your hands every time you cough or sneeze, these germs can spread and make your classmates sick.
After touching a pet	Pets can carry germs – just like people. If you touch your eyes, nose or put your fingers in your mouth after touching a pet, their germs can get inside you and make you sick.
After being near someone who is sick	When someone is sick, their bad germs can live on all kinds of things around them, like toys or their blanket. Their bad germs can also be on their hands. If you touch your eyes, nose or put your fingers in your mouth after being around someone who is sick, you may get sick, too. Always wash your hands properly after being around someone who is sick!