The Public Health Pop
(Tune of Head, and Shoulders, Knees and Toes)

If you cough, cover it, cover it
After you cough, wash your hands, wash your hands
When you pet your dog, your turtle or your cat,
Always remember, wash your hands, wash your hands

If you’re sick, stay at home, stay at home,
After you flush, wash your hands, wash your hands,
Before you eat, when you’re done or baking cookies with your mom,
Always remember, wash your hands, wash your hands.

When you swim, hold your nose, hold your nose
When you hike, wear your DEET, wear your DEET
When you play outside wear bug spray and sunscreen

Always remember, wash your hands, wash your hands
Clean Hands Fact Sheet

When to Wash Your Hands:

1. Before preparing food.
2. Before eating.
3. After playing outside
4. After playing with animals.
5. After using the restroom.
6. After coughing, sneezing, or blowing your nose.

Steps for Washing Hands:

1. Turn the water on! A little cold and a little hot to make the water warm.
2. Put our hands under the warm water and get our hands wet.
3. Now we put soap on our hands and make lots of bubbles, scrub our hands, rub our hands together, get in between our fingers and wash the backs of our hands and under our fingernails.
4. Rinse our hands off, getting those bubbles all rinsed off.
5. Using a paper towel, dry your hands with a paper towel and use the paper towel to turn off the water faucets and open the door, then throw away the paper towel.
Good Health Is In Your Hands

“SUPER SOAPY”™

A Coloring Book That Teaches You How and When to Wash Your Hands!
It's a bright sunny morning. Soapy is looking forward to having lots of fun with his friends. Soapy hops out of bed and washes his hands and face. Scrub, scrub, scrub. Soapy gets dressed and goes downstairs to breakfast.
Yum. Soapy has some cereal with milk. Then Soapy has a big piece of toast with lots of jam. My, my, that jam is sticky. After breakfast, Soapy washes his hands well with soap and warm water. Soapy washes in between his fingers and under his fingernails too.
Time to go out to play! Soapy's friend Oliver has a tree house. Soapy and Oliver have fun playing in the tree house. Soapy goes in the house to use the potty. Afterwards, Soapy washes his hands. Soapy uses lots of soap and warm water. Scrub, scrub, scrub.
Soapy and Oliver draw pictures with crayons. They use many different colors. Oliver's mother tells them it's time for lunch. Oliver and Soapy wash their hands before eating lunch. After lunch, they wash their hands again.
That afternoon, Soapy and his friend Sarah go to the zoo. There are big animals in cages and little animals to pet. There are pigs, goats, turtles and ponies to feed. After Soapy and Sarah pet the animals they wash their hands in the rest rooms at the zoo.
Soapy and Sarah buy some ice cream. It's delicious. The ice cream is cold and sweet and sticky. After they finish their ice cream they wash their hands.
Soapy goes home to rest and read a favorite book. When his mom says it's time for dinner, Soapy washes his hands well with soap and warm water. Scrub, scrub, scrub. He makes sure to wash in between his fingers and under his fingernails.
Later on, just before bedtime, Soapy washes his face and hands. Soapy and his Mom read a book together. Then he cuddles up with Teddy Bear on his lap. Good night Soapy. See you tomorrow!
SOADY SAYS:
Follow these easy steps every time you wash your hands

Use warm water, lather with soap, scrub between fingers...

Rinse with water...

Dry hands thoroughly.
For more information, please contact:
The Oklahoma State Department of Health
Acute Disease Service
1000 NE 10th Street
Oklahoma City, OK 73117
Phone: (405) 271-4060
Fax: (405) 271-6680
Web Site: http://ads.health.ok.gov/

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