The background is a solid teal color. In the center, there is a faint, light-blue graphic of a globe with latitude and longitude lines. Overlaid on this graphic is the text 'WASH: WATER, SANITATION, AND HYGIENE' in a bold, white, sans-serif font, arranged in three lines.

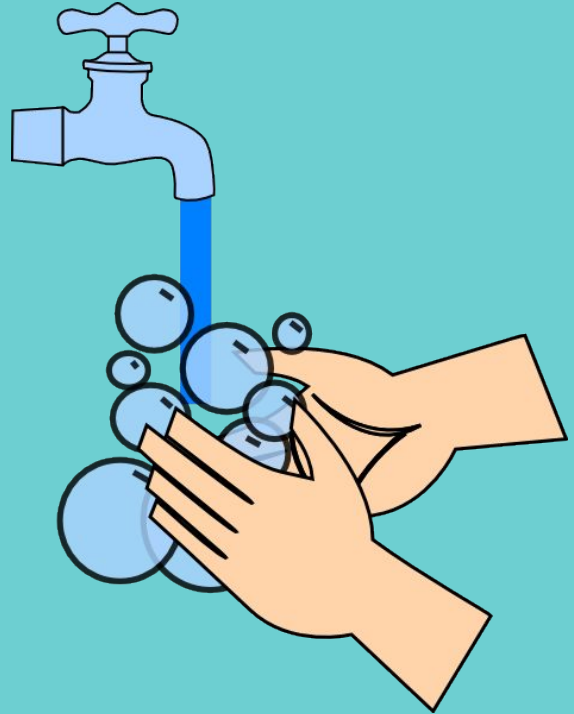
WASH: WATER, SANITATION, AND HYGIENE

WHAT DOES WASH STAND FOR?

The acronym WASH stands for...

- Water
- Sanitation
- and
- Hygiene

WASH stresses the importance of having good hygiene practices that keep us from getting sick!



GOOD HYGIENE HABITS

- Hygiene refers to the living habits that help us stay clean and healthy!
- Next, let's talk about how we can maintain good hygiene!

Let's talk about it: Can you think of any good hygiene habits that might prevent you from getting sick? Think of one example and share it with your classmate!



WASHING OUR HANDS!

- As simple as it may sound, washing our hands with soap is SO important!
- It keeps our hands clean from little, invisible bacteria that can make us sick.
- Washing our hands regularly also helps to prevent the spread of germs to our friends and family!



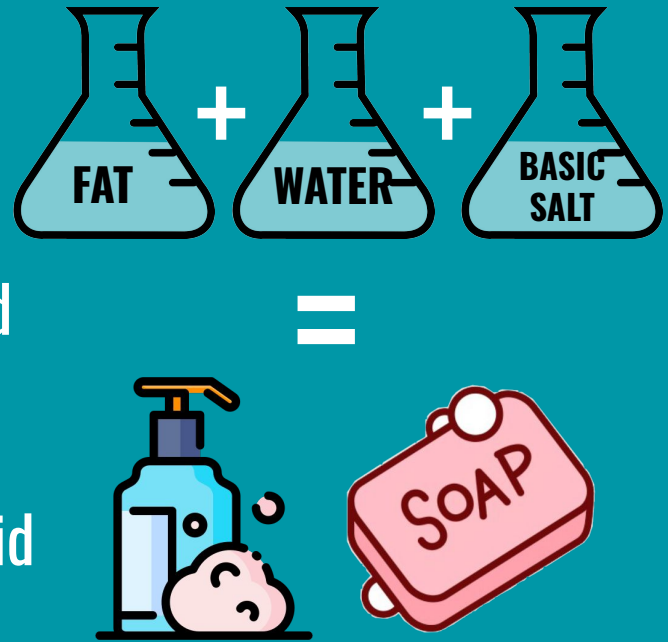
WHY DO WE USE SOAP?

- Soap acts as our first line of defense against harmful bacteria that can make us sick!
- It works together with water to keep our hands germ-free!
- But before we figure out how soap works we need to know what it's made of!



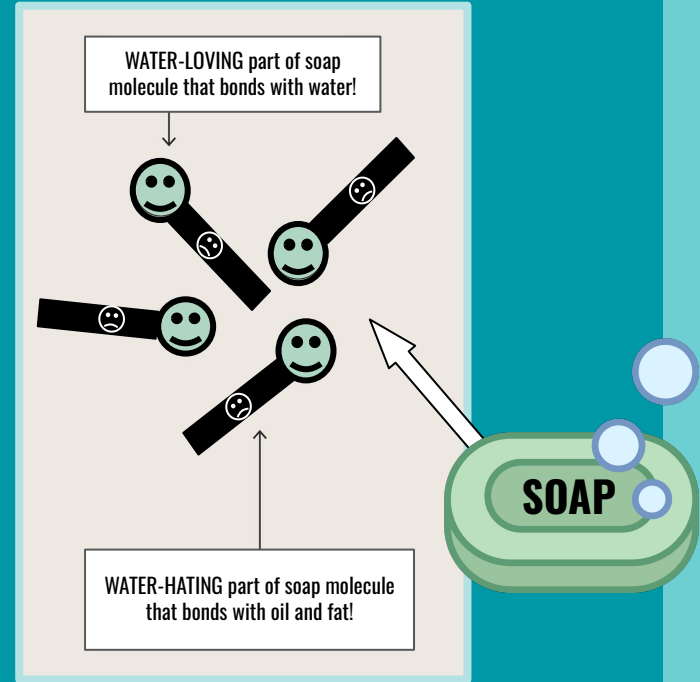
WHAT IS SOAP MADE OF?

- Soap is composed of fat, water and an alkali, or a basic salt
 - When these three parts combine under proper conditions, they undergo a chemical process called saponification which creates SOAP!
- Also, the soap produced can be in a solid form or a liquid form!



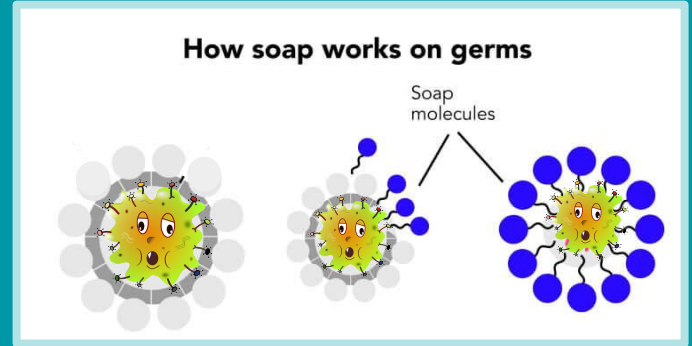
SOAP IS A SURFACTANT

- Soap is also composed of little soap molecules called surfactants!
 - One end of the soap molecule is WATER-LOVING (or hydrophilic) and bonds with water
 - The other other end is WATER-HATING (or hydrophobic) and bonds with fats & oils instead of water
- This fact will play an important role when figuring out how soap actually gets rid of bacteria on our hands!



SOAP REMOVES GERMS

- Germs, or bad bacteria stick to the yucky oils and grease on our hands!
- However, water alone is not able to remove bacteria since water and oil don't mix!
- Since soap is both water-loving AND water-hating/oil-loving, it can bind to **BOTH** the water and oil molecules at the same time!
- Then when we rinse off our hands with water, the soap carries the bacteria away with the water!



HANDS CAN BE GROSS

**Cold bacteria
from borrowing
your friend's
pencil**

***E. Coli* bacteria from
playing in the dirt**

**Flu bacteria
from when you
threw the futbol**

**Poop (or fecal)
bacteria from the
bathroom door
knob**



HOW DO WE WASH OUR HANDS?

Handwashing Checklist:

1. Wet your hands with warm water
2. Apply soap
3. Scrub!
Tip: you should be able to see bubbles and suds!
4. Continue to scrub! We need to scrub for at least 20 seconds to get rid of the germs and bacteria!
Tip: Keep track of the time by singing the “Feliz Cumpleanos” song twice!
5. Rinse! Make sure all the bubbles on your hands come off!
6. Dry off hands. Now we have clean hands!



WHEN SHOULD WE WASH OUR HANDS?

We should wash our hands:

- Before eating
- After using the bathroom
- After sneezing or blowing your nose
- Before caring for friends or family

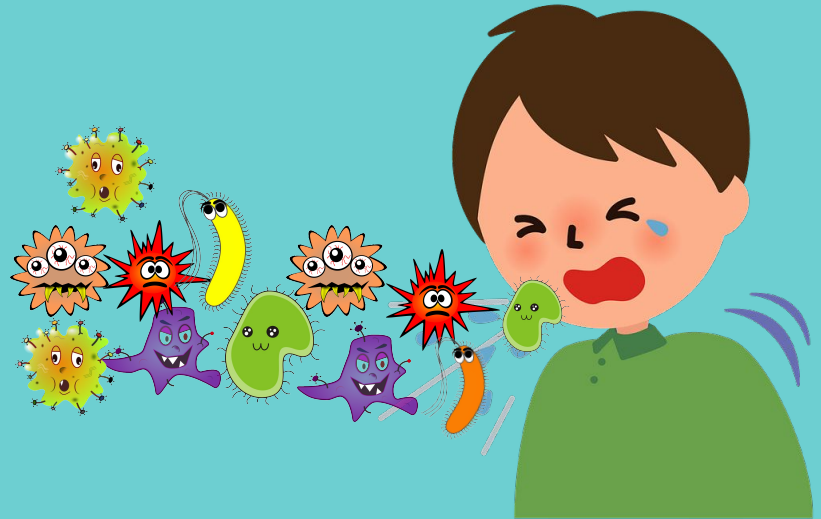
Let's talk about it: Can you think of other times when we should wash our hands?



COVERING OUR COUGHS AND SNEEZES!

- To avoid spreading our germs and getting others sick, we should cover our mouths and noses when we cough or sneeze.
- When we cough or sneeze, droplets filled with germs fly from our mouths and noses.
- Even if we can't see them, they're there!

Fun Fact: The droplets from a sneeze can travel up to **8 meters** (27 feet) away!



HOW TO COVER OUR COUGHS AND SNEEZES

The correct way to sneeze:

- To stop the spread of germs, we should sneeze into our elbow, NOT our hands.
- Our hands touch many different surfaces, objects, and people. If we sneeze into our hands, our germs spread to everything we touch and can easily get others sick.

Important: Always remember to wash your hands after sneezing or coughing if you sneeze into your hands!



HYGIENE IS IMPORTANT FOR OUR MOUTHS TOO!

- Regularly brushing and flossing our teeth helps to keep us healthy!
- There is a transparent layer of bacteria that coats our teeth called *plaque*.
- Buildups of plaque create *cavities* which leads to gum disease and teeth deterioration, and even infections that make us sick!



TAKING CARE OF OUR TEETH

How we brush our teeth:

- We should brush our teeth for 2 minutes. Singing your favorite song can help the time go by quicker!
- It is important to get the front, back, and sides of your teeth. We also can't forget about our teeth all the way in the back. We don't want to miss any spots!
- Lastly, we must make sure we use toothpaste (or baking soda) because it helps our teeth stay healthy by breaking down plaque and bacteria.



TAKING CARE OF OUR TEETH

When do we brush our teeth?

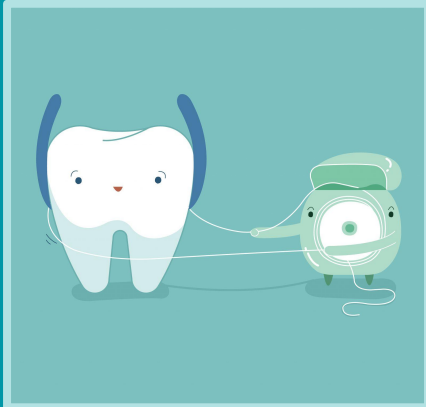
- We should brush our teeth once in the morning and once at night.
- When we brush our teeth in the morning, we get rid of all the bacteria that built up overnight!
- And when we brush our teeth at night, we clean out all the food that got stuck and built up throughout the day.



CLEANING BETWEEN OUR TEETH!

How we floss our teeth:

- Pull floss string so that it is tight!
- Direct floss in between teeth, making sure to reach your gum!



When do we floss our teeth?

- To keep our gums and teeth healthy, we should floss once a day!



Let's talk about it: Discuss with friends and family how often they brush and floss!

TAKING BATHS!

- After running around and playing outside all day, sweat, dust, and dirt accumulate on your skin.
- Taking a bath with soap cleans the germs and bacteria from your skin, and helps keep you healthy!

