

# All You Have to Do is Wash Your Hands

[Announcer] *This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.*

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. Today, we're going to talk about germs!

[Kids] Eeewww!

[Caydan] ...AND what YOU can do to stop those germs from making you sick! No one wants to have a runny nose or an upset stomach, do they?

[Kid] No (blowing nose)

[Caydan] Do *you* want to know a *super-easy* thing *you* can do to help keep from getting sick?

[Kids] Yeah!

[Caydan] OK! All you have to do is...

(Drum roll)

[Caydan] WASH YOUR HANDS!

[Kids] That's easy!

[Caydan] That's right, kids! All you have to do is wash your hands the RIGHT way to get rid of germs.

[Karmen] But what *is* the right way?

[Caydan] Greeaaaaat question! Just follow these five easy steps:

[Kids] ONE!

[Caydan] Turn on the water and wet your hands.

(Running water)

[Kids] TWO!

[Caydan] Put some soap on your hands.

(Squirting sound)

[Kids] THREE!

[Caydan] Rub your hands together for 20 seconds or about the time it takes to sing the Happy Birthday song twice! Make sure you rub the front and back of your hands, and don't forget to get between those fingers and under your nails!

[Kids] FOUR!

[Caydan] Rinse all the soap off your hands.

(Running water)

[Kids] FIVE!

[Caydan] Dry your hands really well with a clean towel, paper towel, or an air dryer, but don't dry them on your clothes.

(Air-dryer)

[Caydan] And you're done!

[Chris] WHEN should we wash our hands?

[Caydan] Wash your hands before eating.

(Crunching something in mouth)

[Caydan] After using the bathroom.

(Toilet flushing)

[Caydan] After coughing, sneezing, or blowing your nose or being around someone who's sick.

(Coughing and sneezing)

[Caydan] And after touching pets or other animals.

(Cat meowing)

[Kaya] But what if I'm at the park and there *isn't* any soap and water?

[Caydan] Another good question! You could be lots of places where there's no running water, but you still need to have clean hands. This is when you should use liquid hand sanitizer. It's *really* easy. Just squirt it onto one hand and rub your hands together until they're dry. Make sure you rub it on the front and back of your hands and on all your fingers. You're done! Now you know how to wash your hands the *right* way!

[Kids] Yay!!!

[Caydan] Now that you're a super-duper hand washer, tell your friends, your parents, your brother, your sister, your neighbor, your teacher, your coach, (deep breath) and anyone who will listen! Spread the word, not the germs!

[Kids] Yeah!

[Caydan] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

*[Announcer] For more health information, go to [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*