Washing Because We Care

Handwashing is one of the best ways to keep from getting sick and to stay healthy all year long. And when you take good care of yourself, you’re taking good care of others, too. Color in the picture. On each big heart bubble, write the name or draw a picture of someone you care about.
Let’s Pack an Emergency Kit

When things we don’t expect happen, such as a natural disaster or health emergency, we need to be ready. To prepare, create a family emergency kit. Use this checklist to think about what you will need and, as you add items to your kit, check them off the list.

Recommended Items:

☐ 2 COPIES OF YOUR FAMILY EMERGENCY PLAN
☐ $20 MINIMUM CASH AND COINS
☐ EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
☐ FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
☐ 3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
☐ 3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
☐ BATTERY-POWERED OR HAND-CRANKED RADIO
☐ MOBILE PHONE AND CHARGERS FOR CAR AND HOME
☐ FLASHLIGHT AND EXTRA BATTERIES
☐ ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
☐ PET SUPPLIES
☐ SPARE SET OF CAR AND HOUSE KEYS
☐ SOAP OR HAND SANITIZER
☐ PLASTIC TRASH BAGS
☐ MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
☐ CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
☐ BLANKETS OR SLEEPING BAGS
☐ PAPER CUPS AND PLATES, AND PLASTIC UTENSILS

Important Items for Children:

☐ 1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY)
   Ask what your child would like to include, such as a doll that’s not often used.
☐ ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
☐ SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS
When you feel a tickle in your nose or throat, remember that there’s a right way to sneeze and cough! Sneezing and coughing into the bend of your arm or elbow helps keep hands germ-free. It’s as easy as 1, 2, 3.

**Step 1**
Realize you are about to sneeze or cough.

**Step 2**
Move your elbow toward your mouth.

**Step 3**
Sneeze or cough into the bend of your arm.
It’s Time to Wash Your Hands!

Handwashing helps keep germs away. It’s important to wash your hands throughout the day, before and after everyday activities. **Color in the pictures below,** then talk about other times when you need to wash your hands.

- after you cough
- after you sneeze
- before cooking
- before you eat
- after playing
- after being outside

Talk together with kids: “**Why and when is it important to wash your hands?**”
Washy Wash

Handwashing keeps us healthy. Be like Elmo and make sure to wash your hands often for **at least 20 seconds**—just enough time to sing this song once!

Wash, washy wash, washy wash. Wash your hands.

Scrub ‘em while you sing this song. Washy, washy wash, washy wash.

Rub your hands and fingers, and the places in between.

Soap and water makes your hands so clean.

Wash your hands.

Great job, you’re almost done.

Now dry!

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