



Soapy[®]



SOAPY **Position: IN FRONT OF THE SINK**
HT: 5'10" **WT: HEALTHY!**
BATS: LEFT **THROWS: LEFT**

WASH YOUR HANDS!

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| 1. Use warm running water | Many times a day
Scrub the germs away! |
| 2. Use plenty of soap | • Before eating |
| 3. Rub your hands together for 20 seconds, scrubbing between fingers and on the backs of your hands. Sing the first part of the birthday song — that's 20 seconds. | • Before preparing food |
| | • Before you take care of a cut |
| | • After using the bathroom |
| | • After playing outside |
| | • After touching garbage |
| | • After touching or playing with pets, bugs or animals |
| 4. Rinse thoroughly | • After blowing your nose or sneezing |
| 5. Dry your hands | • When you get home from school |
| | • Before and after touching someone who is sick |

SOAPY wants you to stay healthy!

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| • Eat healthy foods | • Don't share cups or straws |
| • Get plenty of rest | • Exercise |