

Good Healthy Is In Your Hands



"SOAPY"™

®

A COLORING BOOK THAT TEACHES YOU
HOW AND WHEN TO WASH YOUR HANDS!

A NOTE TO PARENTS ABOUT HANDWASHING FOR BETTER HEALTH

Every year, one million Massachusetts residents get sick from bacteria transmitted by dirty hands. Poor handwashing can result in stomach illness, hepatitis A, and other serious illnesses.

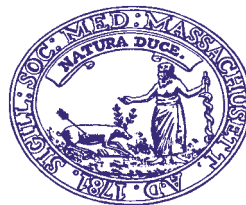
Simple, regular handwashing is the fastest and least expensive route to staying healthy.

TO PROPERLY WASH YOUR HANDS:

- Use warm or hot water.
- Lather a generous amount of soap.
- Scrub in between fingers and backs of hands for 20 seconds.
- Rinse and dry hands thoroughly.

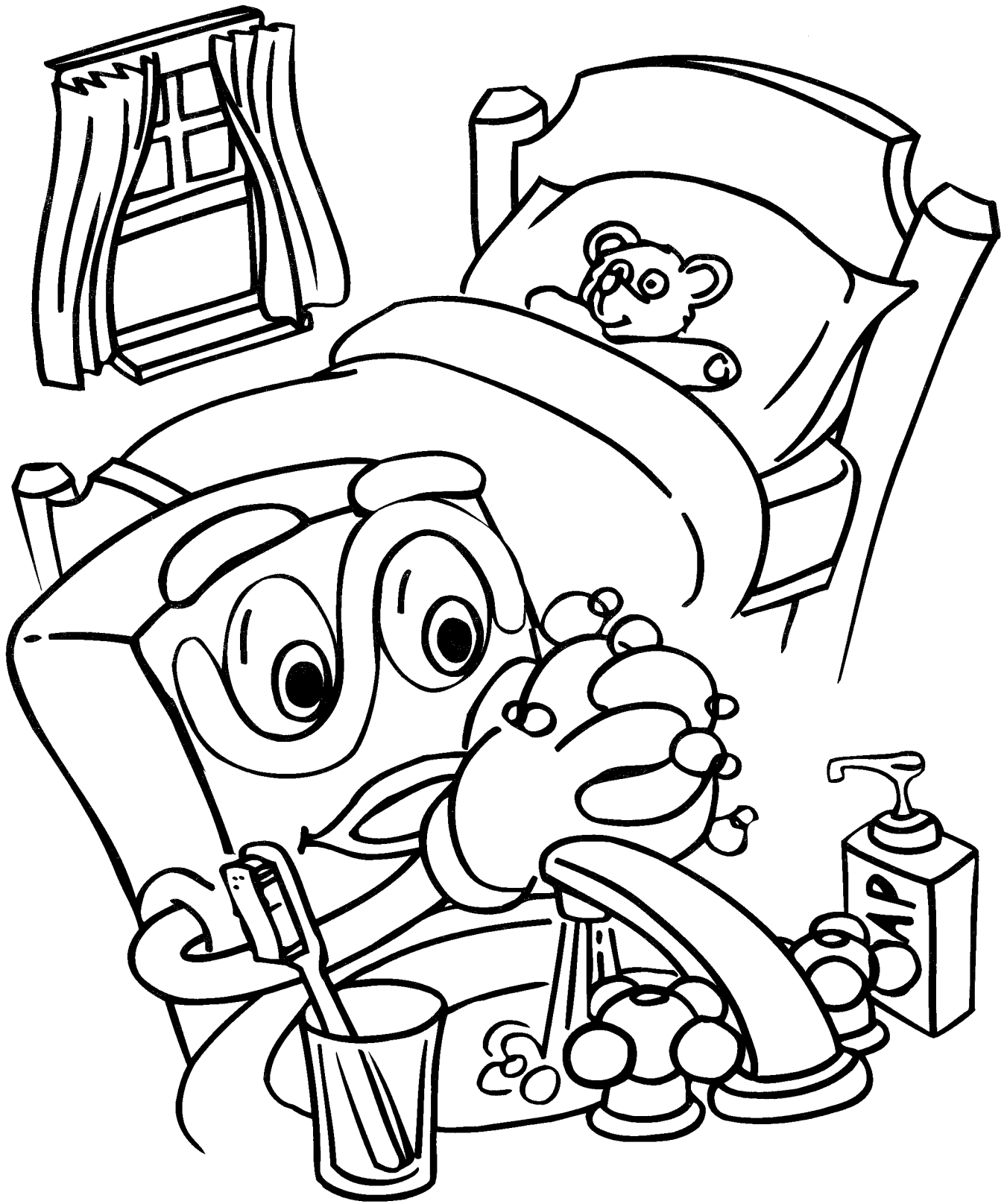
REMEMBER TO WASH YOUR HANDS:

BEFORE you prepare or eat food, and
AFTER you use the bathroom, change a diaper, handle pets, care for someone who is sick, or handle uncooked foods — especially raw meat, poultry, fish, and eggs.



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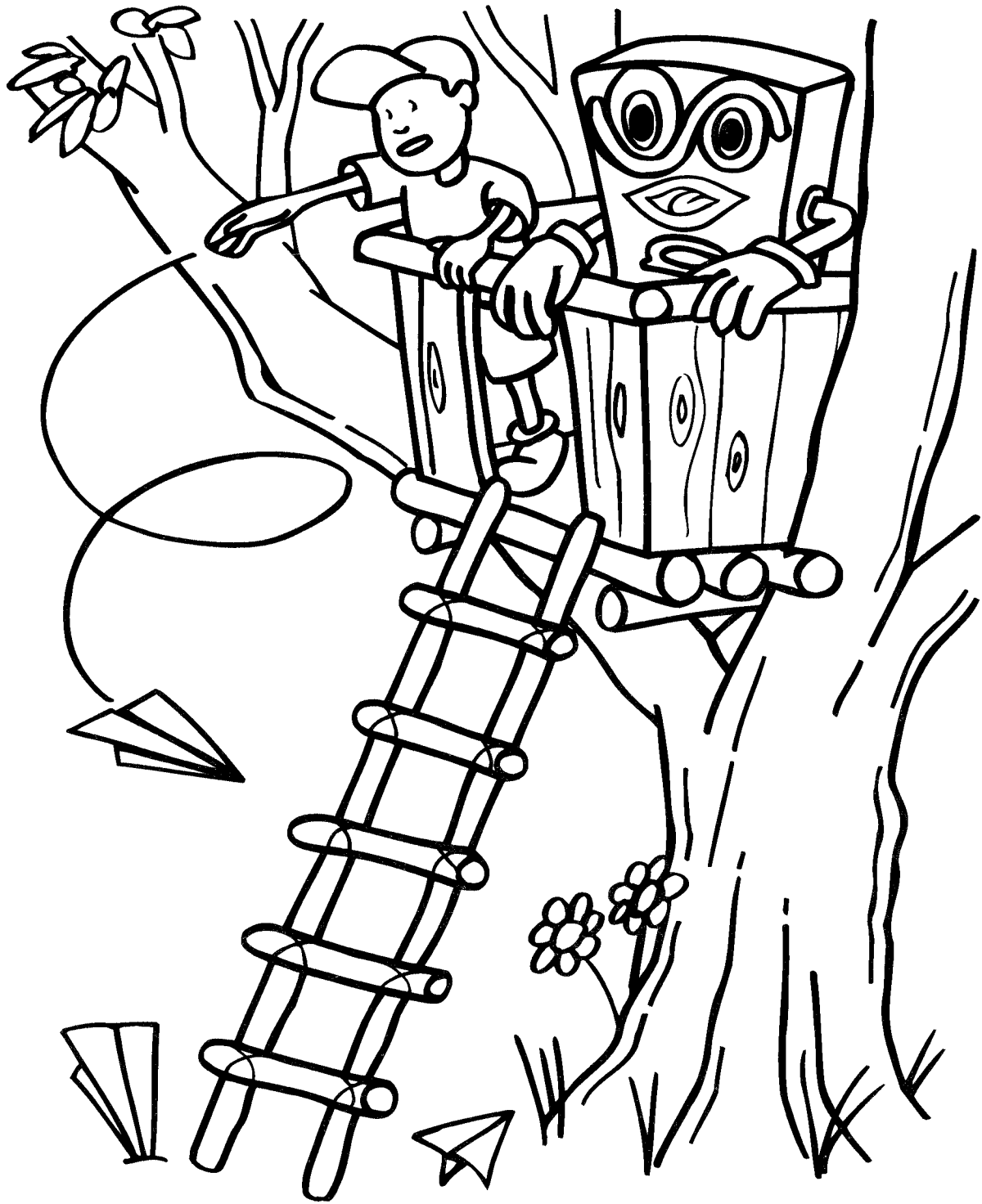
Illustrations by Scott Williams, Lisa Salvo, Mary Tanner, and Chris Twitchell



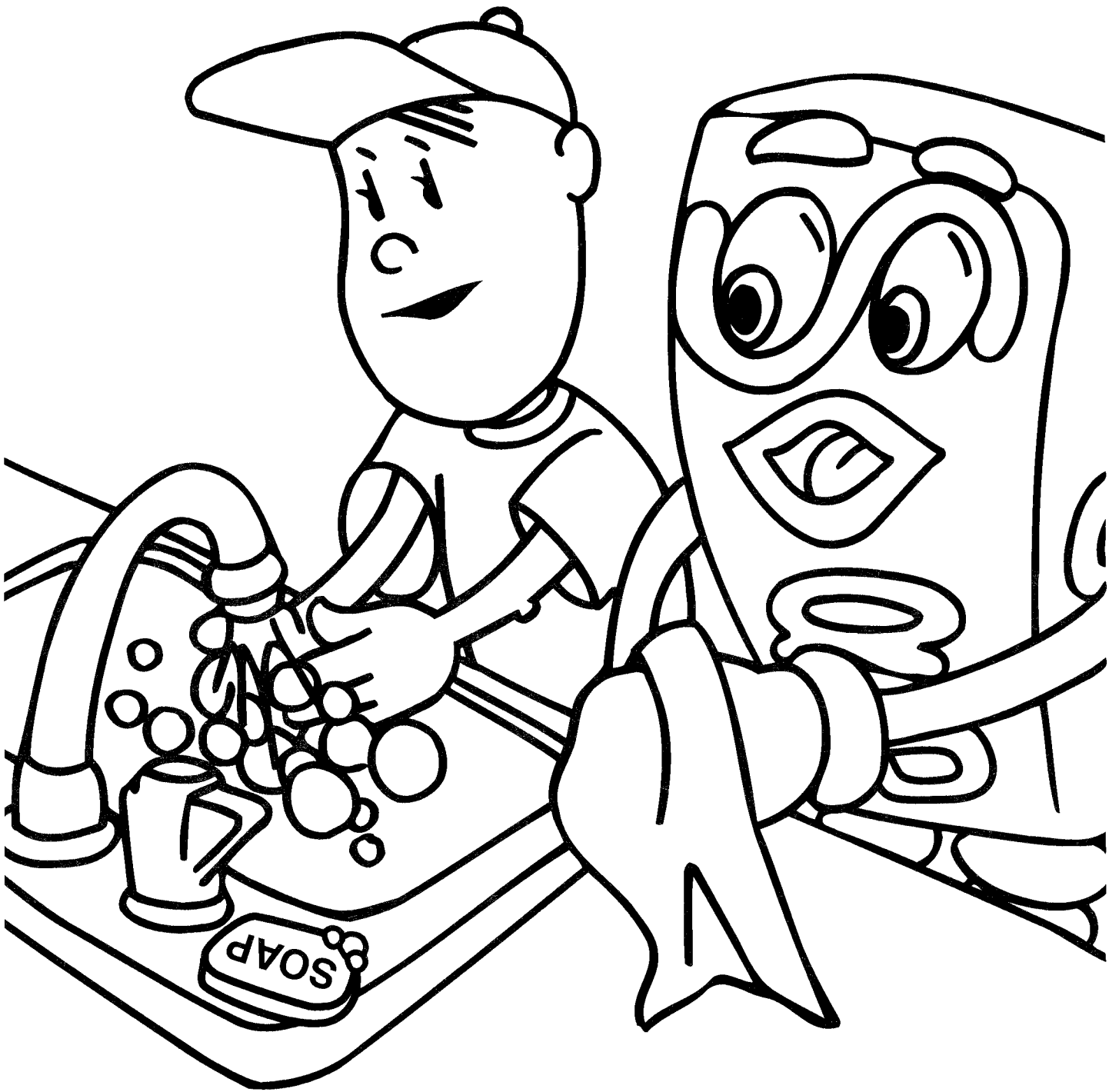
It's a bright sunny morning. Soapy is looking forward to having lots of fun with his friends. Soapy hops out of bed and washes his hands and face. For 20 seconds he goes scrub, scrub, scrub. Soapy gets dressed and goes downstairs to breakfast.



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. While scrubbing, Soapy counts to 20.



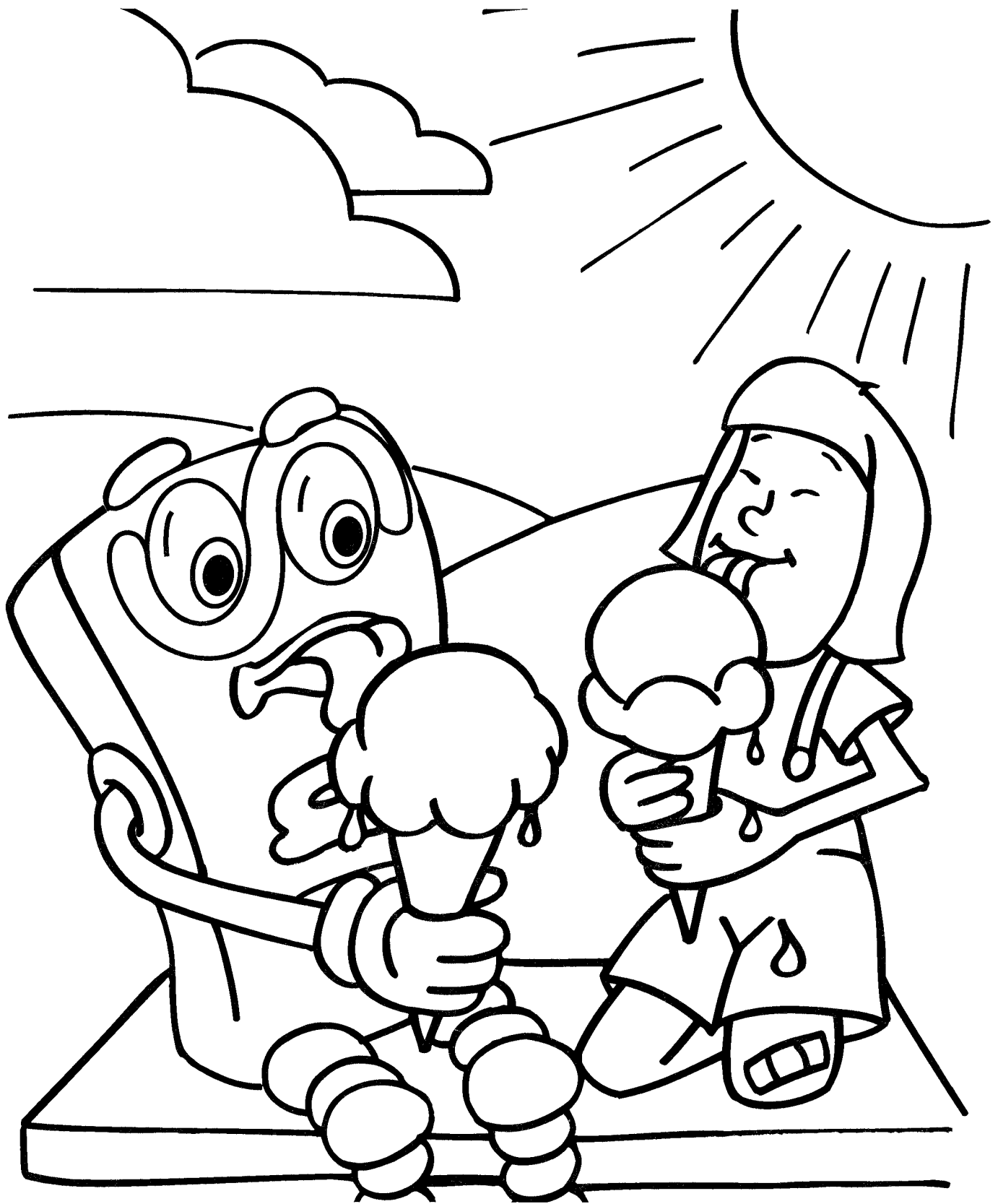
Time to go out to play! Soapy's friend Oliver has a tree house. Soapy and Oliver have fun playing in the tree house. Soapy goes in the house to use the bathroom. Afterwards, Soapy washes his hands. Soapy uses lots of soap and warm water. He sings "Happy Birthday" while he goes scrub, scrub, scrub.



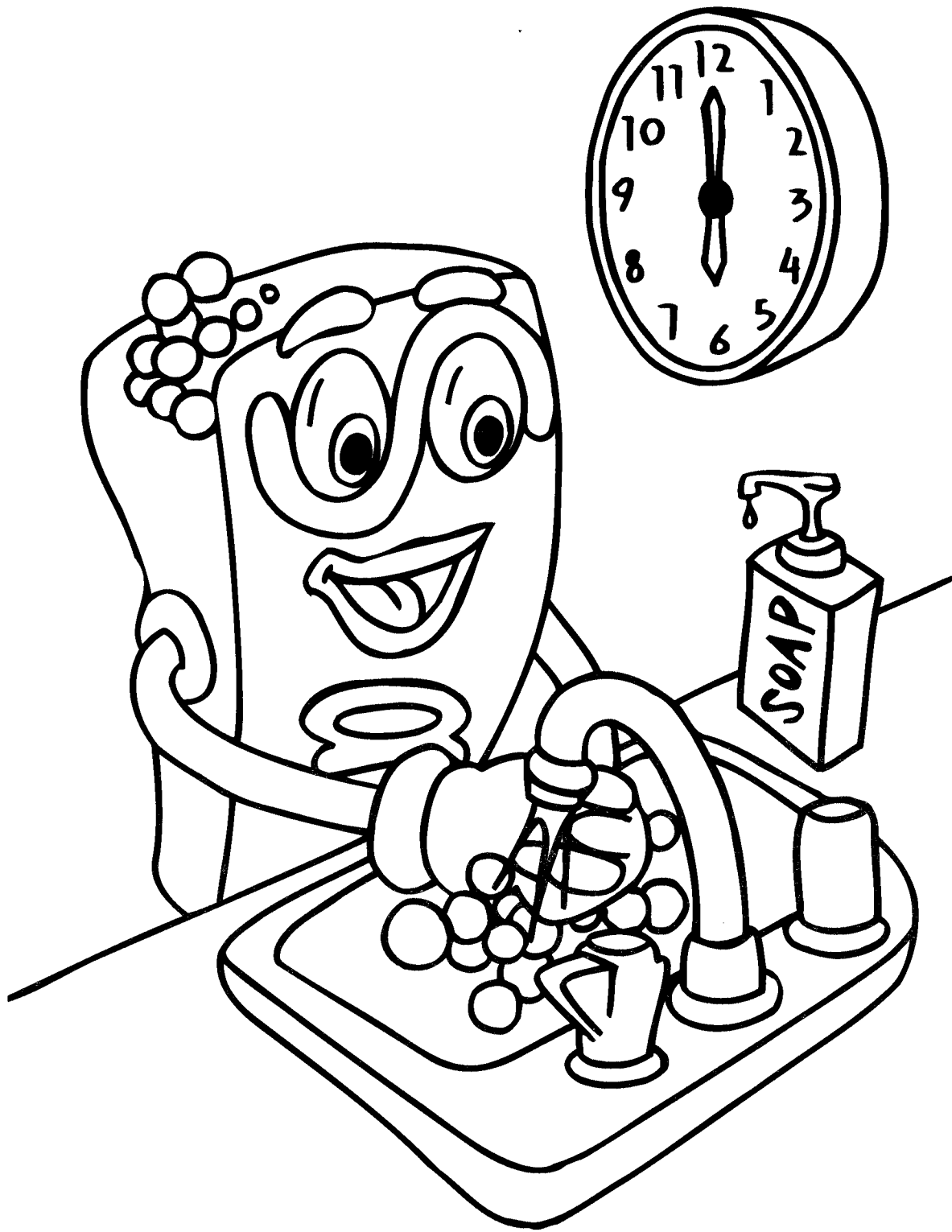
Soapy and Oliver draw pictures with crayons. They use many different colors. Oliver's mother tells them it's time for lunch. Oliver and Soapy wash their hands before eating lunch. After lunch, they wash their hands again.



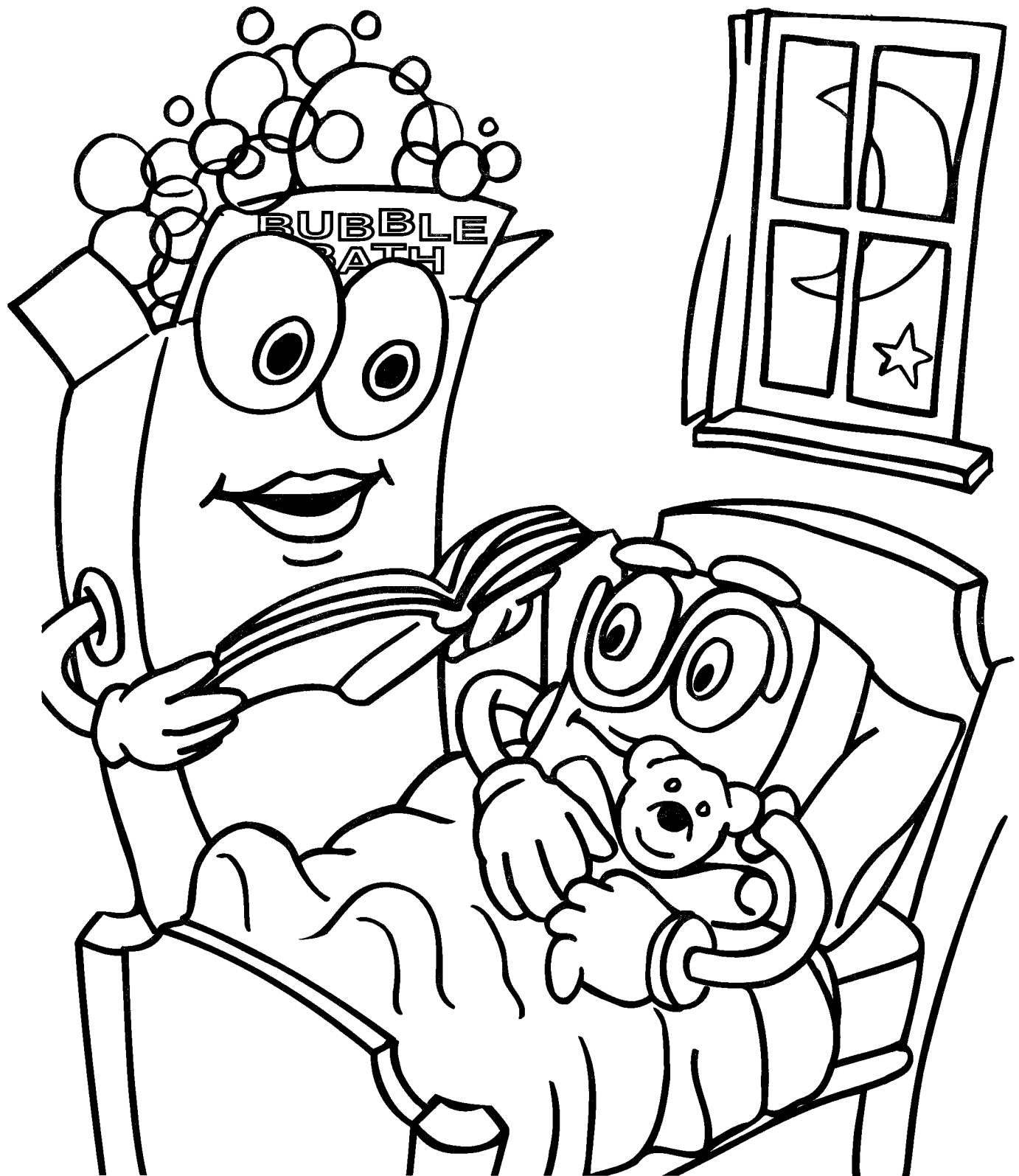
That afternoon, Soapy and his friend Sarah go to the zoo. There are big animals in cages and little animals to pat. There are pigs, goats, turtles, and ponies to feed. After Soapy and Sarah pat the animals, they wash their hands in the rest rooms at the zoo.



Soapy and Sarah buy some ice cream. It's delicious. The ice cream is cold, sweet, and sticky. After they finish their ice cream, they wash their hands. While scrubbing, they sing a song together.



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. For 20 seconds Soapy goes 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. Good night, Soapy. See you tomorrow!

To order additional copies, please contact:

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**SOAPY 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.



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