



Do you ever think about germs? Did you ever wonder where they come from, or more importantly, how to get rid of them?

Germs are everywhere. They are on our hands. They are on our toys. They are on our pets, and they are on doorknobs and other objects that we touch. We pick up germs when we touch all sorts of things, and we transfer them to our faces by scratching or touching. Once on our face, germs can enter our bodies through our mouths, our noses, or our eyes to make us sick.

An important way to get rid of germs is to wash our hands. Do you know the right way to wash your hands? It seems like a very simple thing, but most people do not wash their hands correctly.

Soaps and detergents need about 15 seconds to do their job. If you rub soap on your hands, and then rinse the soap off immediately, you will not wash germs away. Germs are incredibly small and sticky. To wash them away, you must lather your hands with soap, and scrub for at least 15 seconds before washing the soap away. Most people only scrub their hands for two or three seconds before they rinse them off. Here is a quick list of steps that show the right way to wash.

1. Turn on the water faucet and wet your hands.
2. Put soap on your hands and rub them together. Rub your hands front and back, and wash under your fingernails too. You will need to do this for 15 seconds before you rinse away the soap to give it time to do its job. (Try counting to fifteen, saying "one thousand" after each number, to see how long 15 seconds last.)
3. Rinse the soap off by rubbing your hands under running water.
4. Dry your hands with a clean towel, and use the towel to turn off the faucet.

You should wash your hands after you play outside, after you cough or sneeze, after you play with pets, and after you use the toilet. You should also wash your hands before you eat.

Very few people wash their hands every time that they should, and even fewer wash them the right way. By washing your hands correctly, you can prevent the spread of disease and make the world a healthier place.

