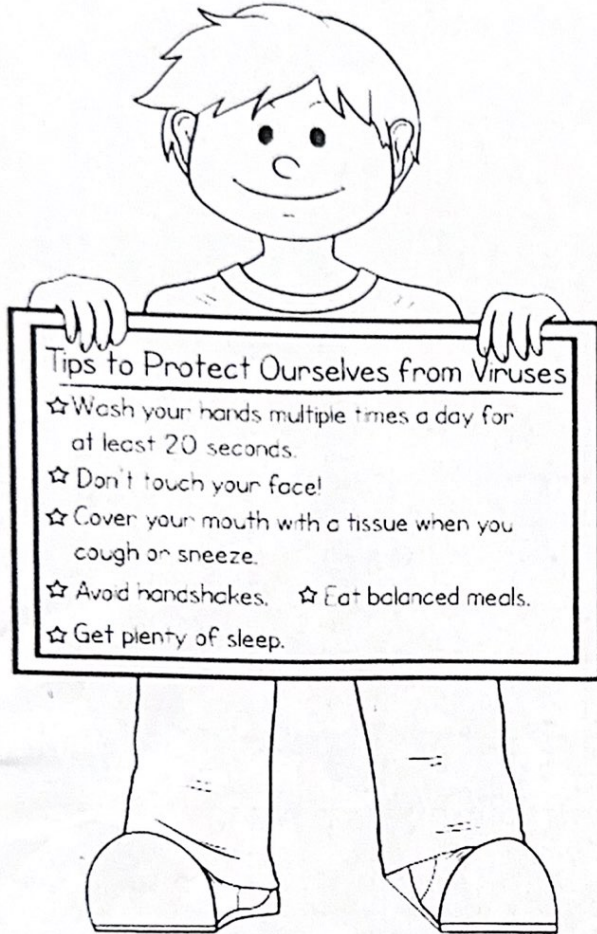


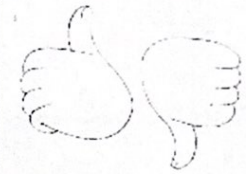
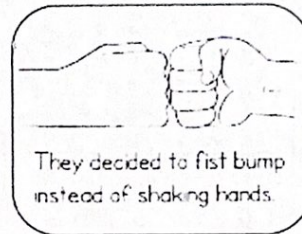
# Health Worksheet for Kids

## Protecting Yourself and Others From Viruses

Name \_\_\_\_\_



Color the correct hand for each image.



Put the 5 steps to wash your hands the right way in the correct order. Write the number from 1 to 5 inside each square.

**Lather**  
Put soap on your hands and rub your hands together.

**Wet**  
Wet your hands with clean water.

**Dry**  
Dry your hands with a clean towel.

**Rinse**  
Rinse the soap off of your hands.

**Scrub**  
Scrub your hands for 20 seconds.