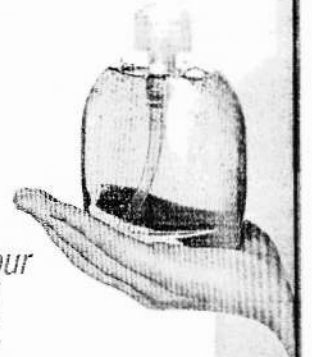


## Clean Hands Day

On May 5<sup>th</sup> every year the WHO (World Health Organisation) organises 'Clean Hands Day'. Clean hands stop the **spread** of germs and illness, so washing your hands regularly during the day is very important. It's simple and it gets results! Last year, people in 48 countries **took part** in activities on 'Clean Hands Day'.



**1** During the day, you should wash your hands ...

- before you eat and prepare food
- before and after you are in contact with someone sick
- before and after you touch a cut or a wound
- after using the toilet
- when you have a cold and after you **sneeze** or cough
- after touching animals and pet food.



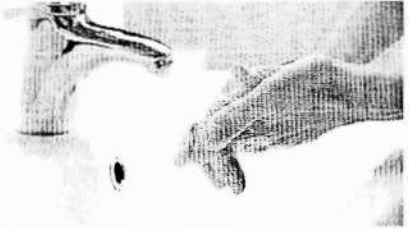
**2** Washing your hands isn't difficult, but a quick splash of water isn't enough!

Try washing your hands like this!

- 1 Wet your hands with clean water.
- 2 Use **soap**!
- 3 **Rub** your hands together for about 20 seconds – or sing the 'Happy Birthday' song twice – clean your fingers and the back and front of your hands.
- 4 **Rinse** your hands in clean water.
- 5 **Dry** your hands.

**3** Tell your family and friends to wash their hands!


Organise events at your school to help students understand the importance of hand washing – like all the students in the school washing their hands at the same time or a poster competition about clean hands.



### Glossary

**spread** diffusione  
**took part** hanno partecipato  
**sneeze** starnutisci  
**soap** sapone  
**rub** friziona  
**rinse** risciacqua  
**dry** asciuga

### Reading comprehension

**1**  Leggi e ascolta il testo. Poi abbinare i paragrafi 1-3 ai titoli suggeriti.

- Spread the word, not your germs!
- When to wash
- The secret is soap