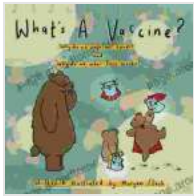


Why Do We Wash Our Hands And Why Do We Wear Face Masks?



What's a Vaccine?: 'Why Do We Wash Our Hands?' and 'Why Do We Wear Face Masks?'

★★★★☆ 4.7 out of 5

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Washing your hands and wearing a face mask are two of the most important things you can do to protect yourself and others from the spread of germs.

Why do we wash our hands?

Germs are invisible microorganisms that can cause illness. They can be spread through contact with contaminated surfaces or objects, or through the air when someone coughs or sneezes.

When you wash your hands, you remove germs from your skin and prevent them from spreading to your body or to others.

It is important to wash your hands:

- Before eating or handling food
- After using the bathroom

- After blowing your nose, coughing, or sneezing
- After touching garbage or other contaminated materials
- After coming into contact with someone who is sick

Why do we wear face masks?

Face masks help to prevent the spread of germs through the air.

When someone coughs or sneezes, they release tiny droplets of fluid that can contain germs. If someone is wearing a face mask, these droplets are caught by the mask and prevented from spreading to others.

Face masks are especially important in situations where it is difficult to maintain social distancing, such as in crowded indoor spaces.

It is important to wear a face mask:

- In public indoor spaces
- When you are in close contact with someone who is sick
- If you are sick and coughing or sneezing

How to wash your hands properly

To wash your hands properly, follow these steps:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

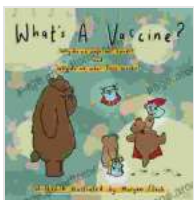
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

How to wear a face mask properly

To wear a face mask properly, follow these steps:

1. Wash your hands before putting on your mask.
2. Place the mask over your nose and mouth, and secure it under your chin.
3. Make sure the mask fits snugly against your face, but is not too tight.
4. Do not touch the front of the mask while you are wearing it.
5. If your mask becomes wet or dirty, replace it with a new one.
6. Wash your hands after taking off your mask.

Washing your hands and wearing a face mask are two of the most important things you can do to protect yourself and others from the spread of germs. By following these simple steps, you can help to keep yourself and your community healthy.



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