

YOUR GUIDE FOR
Healthy Hygiene Habits



WASHING YOUR HANDS

Hello, _____!
Here's my super duper trick for washing your hands...

Wet your hands with water and add soap.

For 30 seconds, scrub your fingers, the tops of your hands, and under your nails.

30 sec

Rinse with water!

Don't forget to dry!

HAVING A SNACK

Is your stomach rumbling, _____?

GURGLE GURGLE

Let's have a snack!

Wash your hands with soap and water.

Rinse the fruits in a strainer with water.

Dry the fruits with a clean towel.

YUM! Wanna add some yogurt?

BEDTIME

Well, I'm sleepy! I think it's bedtime.

zzzzzz

Put on clean PJs. Place your dirty clothes in the laundry.

Brush your teeth for 2 minutes with toothpaste.

2 MIN

Don't forget the ones in the back!

Wash your face and dry it with a clean towel.

Nighty-night, _____!

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Dear Families:

This is the last take-home activity as part of the Lysol® HERE for Healthy Schools program.

Together with your child, scan the QR code to watch a video lesson about the healthy hygiene habits they can practice in school and at home.

As a family, read through the comics on the front of this sheet. **Anywhere there is a dotted line (_____) write in your child's name.**

Engage in conversation about hygiene habits, and then display this poster in your home!

Thank you so much for participating and joining thousands of families across the United States in this germ science movement!

From,
Lysol® & The GIANT Room



Scan For:

- Free video lesson
- Graphic novel
- Feedback form
- Other at-home resources

GIVE US FEEDBACK

Did you know Lysol® HERE for Healthy Schools program is a completely free program for your child's school and thousands of other schools around the country? We always strive to improve this free program for schools and families to help kids stay healthy.

Please scan the QR code above and provide us with feedback about at-home activities and resources you have received throughout the year and their impact on your family. **It will take less than 2 minutes of your time.** Your feedback will help Lysol® and The GIANT Room to improve, scale, and continue the program for the next academic year.

A heartfelt
thank you
from all of us!



When used as directed, Lysol® Disinfecting Wipes and Lysol® Disinfectant Spray kill 99.9% of viruses and bacteria, including cold and flu and the COVID-19 virus, and can be used on many household and classroom surfaces like desktops, door handles, and countertops.



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Hello, -----! Here's my super duper trick for washing your hands...

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Rub your palms together.

For 30 seconds, scrub your fingers, the tops of your hands, and under your nails.

30 sec

Rinse with water!

Don't forget to dry!

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