

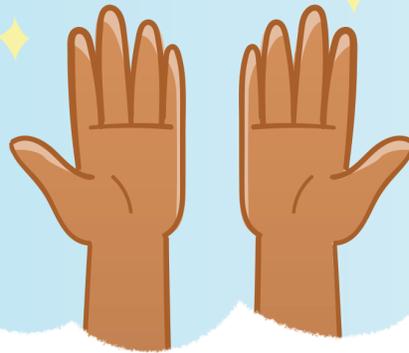
Prepare with Pedro!

WASH YOUR HANDS 



American
Red Cross

Hi! I'm Pedro!
I'm learning how
to help stay safe
and healthy.



One way I can do this
is to learn how to wash
my hands the right way!

This helps stop the
spread of germs that
can make us sick.



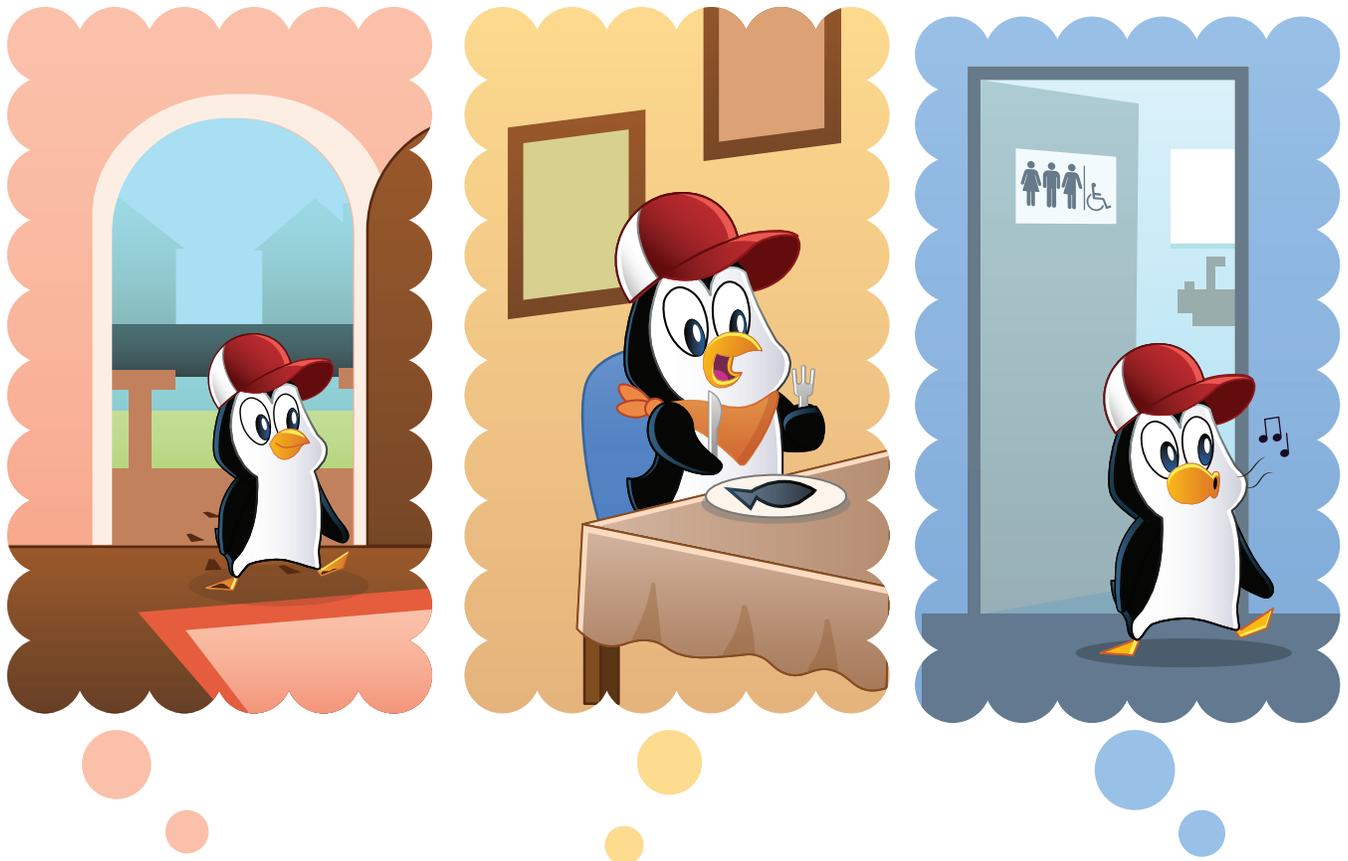
Let's learn more
about washing
our hands! Come
along with me!



Pedro was visiting with his friends Fatima and Samir one hot summer day. They were playing at a nearby playground when it was time for a snack.

Pedro was so excited to eat, he went to grab the apple right away. "Pedro, wait!" called Fatima, "We have to wash our hands and flippers first!"





“Wash my flippers? I do that after I go to the bathroom, but I should wash them before eating, too?” Pedro asked.

“Absolutely!” replied Fatima. “We should wash our hands when coming in from outside, before eating and after using the bathroom every time!”



“What does washing our hands really do, anyway?” wondered Pedro.

DIRTY

CLEAN



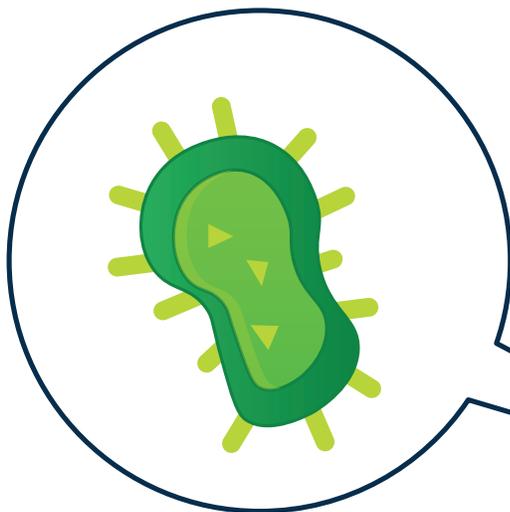
“Washing our hands with soap and running water gets germs and dirt off, so we won’t spread them to other parts of our body or to other people,” Fatima answered.

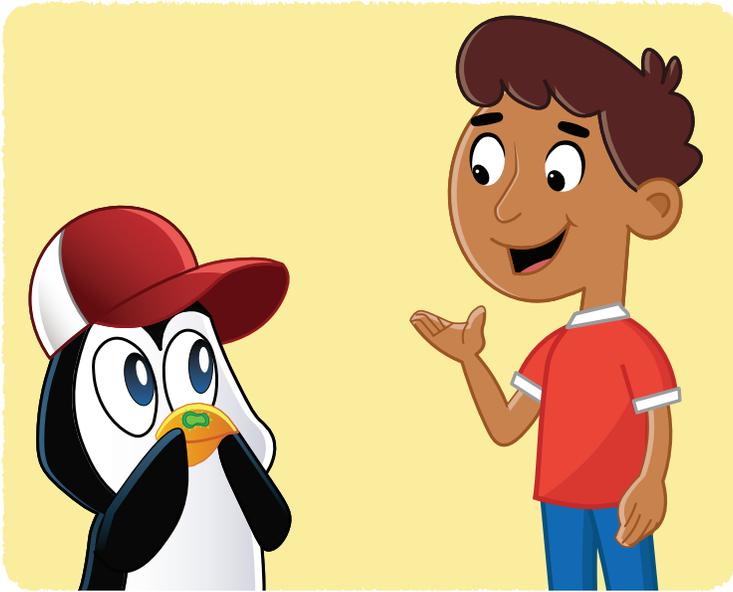




“Germs? What’s a germ?”
asked Pedro.

“A GERM is so tiny we can’t see it, but it’s powerful enough to make us sick!” Samir replied.





“When we have germs on our hands, and we touch other parts of our body like our face or mouth, they can make us sick.”

We can also spread germs to people or other objects they touch, that could get them sick too.”

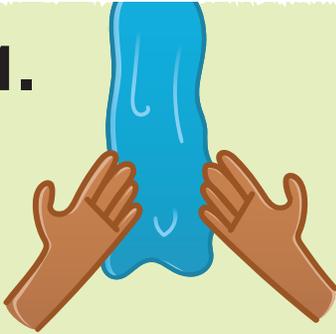


“Oh no, I don’t want to get sick, or get other people sick either,” exclaimed Pedro. “Let’s go wash our hands right now!”

Once inside, Samir showed Pedro the best way to wash our hands:



1.



Wet your hands with clean, running water (warm or cold) and apply soap.

2.



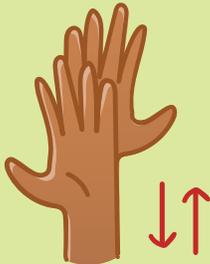
Apply enough soap to cover all over your hands.

3.



Rub your hands palm to palm.

4.



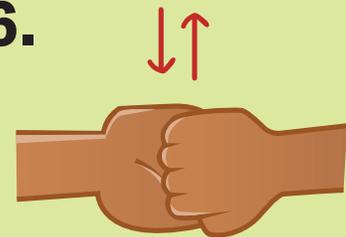
Rub the back of your hands too.

5.



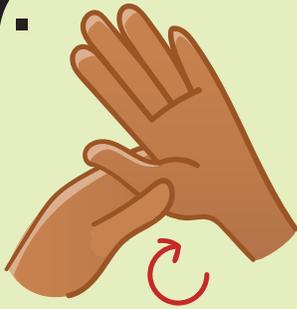
Rub your palms together with your fingers interlaced.

6.



Rub the back of your fingers with opposite palms with fingers interlocked.

7.



Rub in a circular motion at the base of your thumb.

8.



Rub your fingers in a circle with your palm and don't forget to scrub your wrists!

9.



Be sure to scrub for at least 20 seconds!

10.



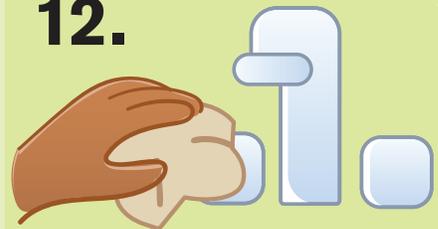
After you've scrubbed for 20 seconds, rinse your hands until all the soap is gone.

11.

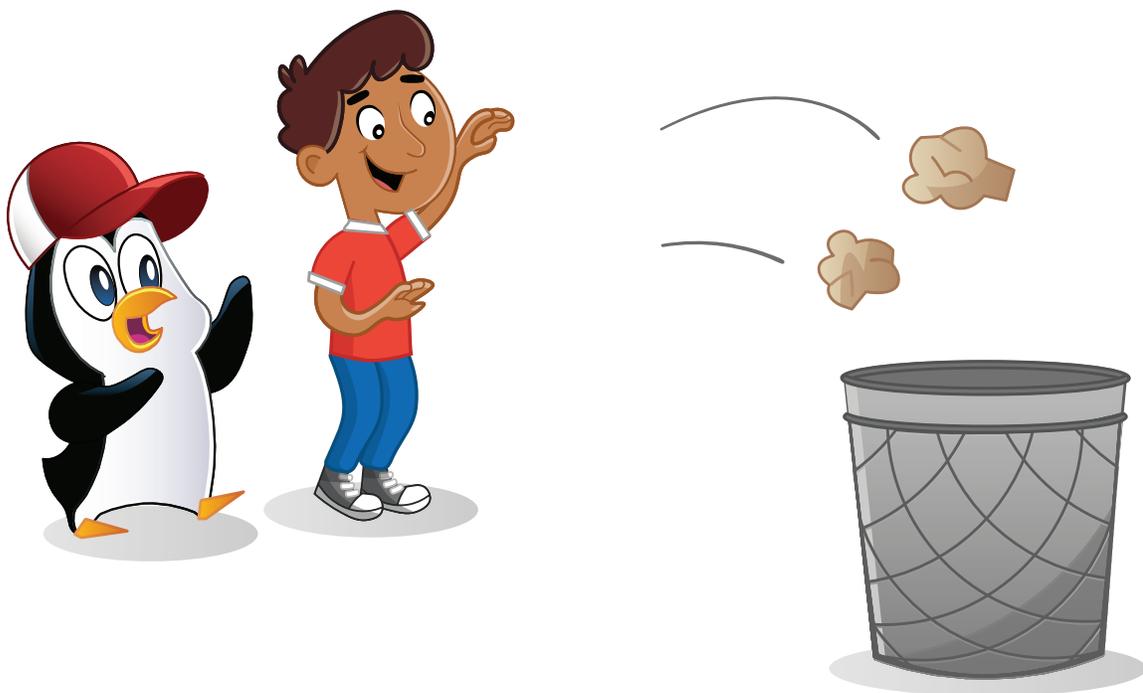


Once you're done with that, dry your hands using a clean or disposable towel.

12.



Use the towel to turn off the faucet. And there you have it! Nice and clean!



“Now that I know my hands are clean, let’s eat!” Pedro said.
“Wait a minute, what if there is nowhere for me to wash my hands?”
“If you don’t have soap and water, you can always use liquid hand sanitizer a grown-up gives you,” Fatima added.



“Thanks for teaching me how to stay safe and healthy, Fatima,” said Pedro. Pedro was so excited to share what he learned with his other friends.

Just like Pedro, you can share everything you’ve learned with your friends too! Together, we can help stay safe and healthy!

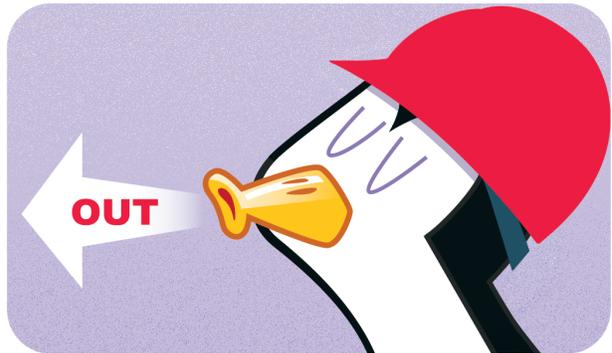
Chill Out with Pedro!



Wow!
Learning how to help stay healthy and safe is exciting, but it makes me feel nervous, too. So I take big, slow breaths to calm down.



Breathe in slowly through your nose, like me.



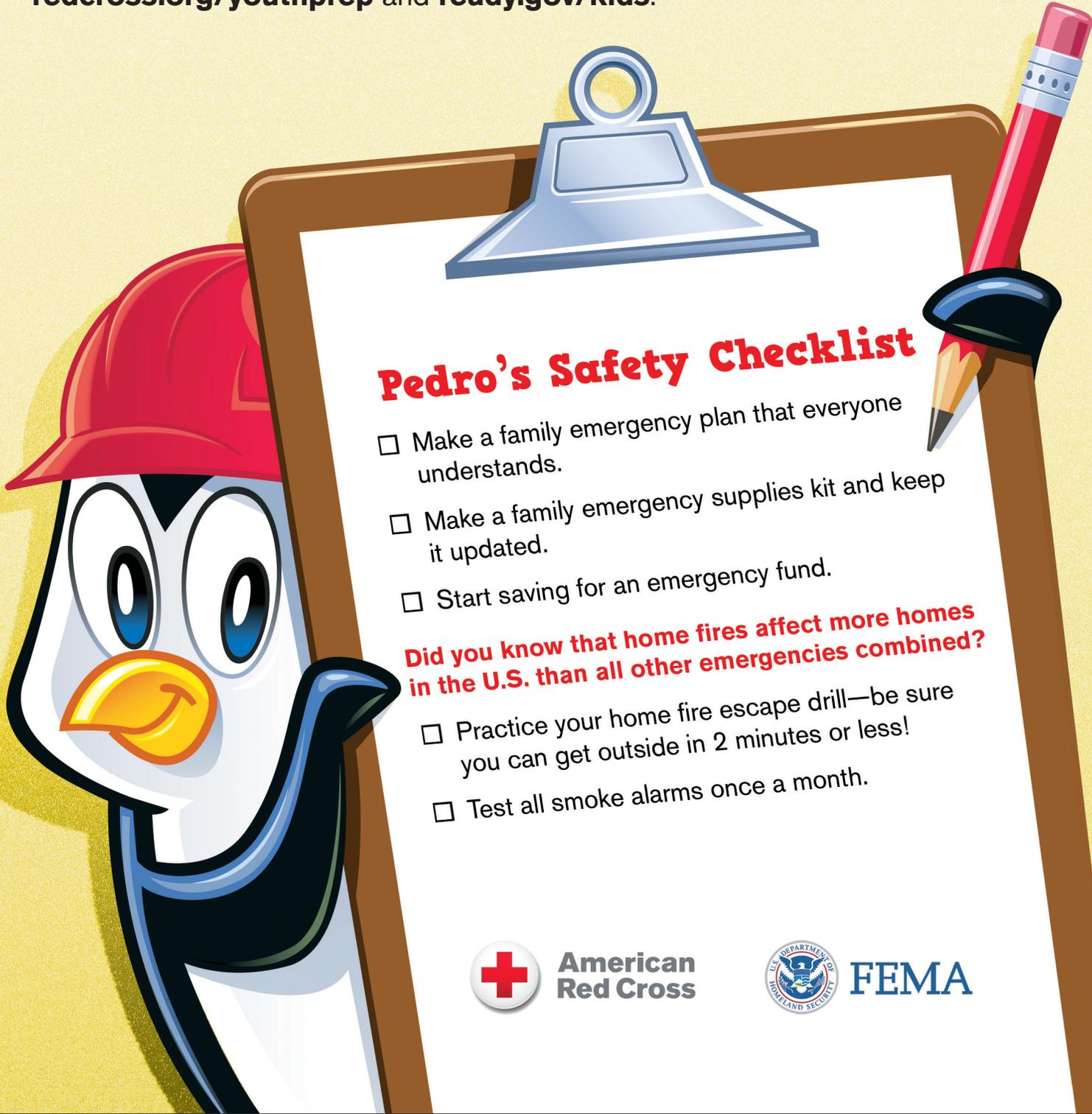
Then breathe out slowly through your mouth.

After just five or six breaths, I feel better and start to relax. Try it yourself and see!



Dear Grown-ups,

We hope that your child has enjoyed learning how to prepare for an emergency! To learn more, please visit: [redcross.org/youthprep](https://www.redcross.org/youthprep) and [ready.gov/kids](https://www.ready.gov/kids).



Pedro's Safety Checklist

- Make a family emergency plan that everyone understands.
- Make a family emergency supplies kit and keep it updated.
- Start saving for an emergency fund.

Did you know that home fires affect more homes in the U.S. than all other emergencies combined?

- Practice your home fire escape drill—be sure you can get outside in 2 minutes or less!
- Test all smoke alarms once a month.



**American
Red Cross**



FEMA