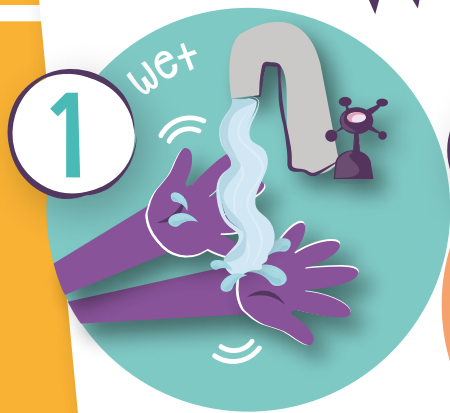


Wash ^{Your} hands With RUFUS!



Have you met Rufus?

This poster is waterproof!



Rufus is our handwashing hero. He is here to help children maintain good handwashing habits to help keep us all safe from harmful germs.

Parents know, especially now, how important it is to teach their children correct and regular handwashing practices. The best way to do this is with soap and water, but hand sanitisers are a reasonable option if you don't have access to soap and water.

The poster on the reverse of this card shows the **5 steps** to proper handwashing. We would ask you to display this poster over your sink and encourage your child to follow the 5 steps each time they wash to keep everyone safe and healthy.

Children should spend at least **20 seconds on step 3 (Rub)** to ensure harmful germs are washed away. Why not sing this song to the tune of *Row, Row, Row Your Boat* twice while you wash your hands.

Wash, wash, wash
Your hands,
thumbs and
fingers too,
rinse and then
make sure
they're dry,
that's the
thing to do!

Children should wash their hands regularly but especially after using the toilet, after playing outside, or with pets, and before eating.

You can learn more and download fun activities, like colouring sheets at safefood.net/handwashing where your child can personalise their own Rufus or colour in our 5 steps to handwashing. You will also be able to download and read our new Rufus storybook or watch the storybook being read by Clara Murray.