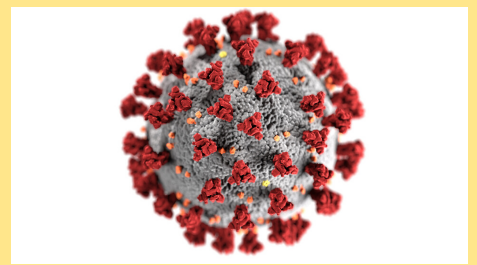# #GTWASHYOURHANDS

A challenge to "wash your hands 'til you can't no more"

STOPPING THE SPREAD OF COVID-19

1000 TIMES SMALLER THAN A BACTERIA CELL

CoVID-19 is a virus. A virus is germ that can invade people, plants and animals. Believe it or not...it is 1000 times smaller than the smallest human cell. You can't hear, see (without a microscope), or smell a virus.

How do these nanoparticles make you so sick?

2-14 DAYS THAT YOU MAY HAVE A VIRUS BEFORE YOU FEEL SICK

Viruses invade a host- like you and they replicate (make more) and spread. The virus produces toxins and your body starts to feel sick. Feeling sick from a virus is often your immune system reacting to this foreign invader.

How do you fight off viruses?

80% OF CONTAGIOUS DISEASES CAN BE TRANSFERRED BY TOUCH

The most effective way to fight viruses is to prevent them from invading your body in the first place. You come in to contact with germs every time you touch a surface or another person. The most important thing you can do to keep from getting sick is to *WASH YOUR HANDS* before you touch your face or anyone else.

How do you wash your hands?

20 SECONDS IS THE RECOMMENDED TIME TO WASH YOUR HANDS

Wet, Lather, Scrub, Rinse, and Dry....this is the easiest way to prevent a CoVID infection. Using soap (any soap will do) is a must -- as it binds to the outer layer of the virus and pulls it off when you rinse with water. Drying your hands is important too and reduces spread of germs by up to 1000 times

Are you up to the challenge?

LET'S MAKE IT FUN

Paint or color your hands and test your hand washing skills. Have a friend or parent video while you wash all the color from your hands while singing or listening to your favorite song. Post your video #gtwashyourhands and challenge your friends or family to do the same.