

HANDWASHING POSTER PACK

Keep germs out of your school
and download designs made
by Nebraska children
for Nebraska children.





Handwashing is a key part of preventing the spread of diseases in school. But how do you motivate students, especially younger ones, to wash their hands? The CDC recommends that schools “place visual cues such as handwashing posters, stickers, and other materials in highly visible areas throughout the school.” Knowing this, the Children’s Nebraska School Health Team conducted a statewide contest in the fall of 2023 for students to create a handwashing poster for schools, the winners of which would be published in a new infectious disease manual for schools. We wanted a way to get students involved, as they can then influence and motivate each other.

The poster contest was a success as over 200 students entered, primarily from 4th and 5th grade. A team of judges narrowed it down to 4 finalists. However, we had such a great turnout and so much wonderful artwork to choose from that we wanted to have a way to share more posters with more schools, early education centers, clinics, churches, and community organizations. That’s why we made this poster pack, to share the talent in our state and to drive home the important message that handwashing is one of the best things kids can do to stay healthy and keep those around them healthy as well. We would like to sincerely thank the students, teachers, school nurses, parents, and guardians that helped this poster contest be successful and making this poster pack possible. We also thank our partner organizations, the Nebraska Department of Education, the Nebraska Department of Health and Human Services, Nebraska ICAP, and the Nebraska Chapter of the American Academy of Pediatrics for their help and support of this project. These posters are meant to be used, so download and print them off and share them freely.

Thank you for sharing the message that clean hands save lives!

Andrea Riley

Andrea Riley, BSN, RN

School Health Liaison

Nebraska State School Nurse Consultant

Children’s Nebraska



TABLE OF CONTENTS

Adalynn from Lexington...	5
Alivia from Ogallala...	6
Annie from Bellevue...	7
Antonio from York...	8
Ashley from Wood River...	9
Ava from Berwyn...	10
Beckham from York...	11
Carter from Blue Hill...	12
Colbie from Cambridge...	13
Colton from Bellevue...	14
Dawson from Raymond...	15
Delaney from Bennington...	16
Ellah from Palisade...	17
Emma from Bellevue...	18
Esmeralda from Lincoln**...	19
Jerzey from Malmo...	20
Jesse from Bellevue...	21
Joslyn from Palisade...	22
Kendyl from Fullerton...	23
Kindrey from Pender...	24
Kye from York...	25

*Spanish

**Multiple Languages

TABLE OF CONTENTS

Landry from York*	26
Lillian from Bellevue	27
Londyn from Cambridge*	28
Luna from Lincoln	29
Lynn from David City	30
Macey from Ulysses	31
Michelle from Bellevue*	32
Mikayla from Lincoln*	33
Molly and Klair from York	34
Perla from Lexington*	35
Quinn from Mason City	36
Rayna from Fullerton	37
Sophie from York	38
Sterling from Morrill	39
Sutton from Bennington	40
Tayler from Hastings	41
Vince from Cambridge	42

*Spanish

**Multiple Languages

Global handwashing Day!





Wash your
hands or this
Will Happen



BAD
Germs

are
NOT

friends

wash your hands!



HAND WASHING
is your super power!



Bye Bye
germs

DID YOU


WASH?

You don't
want to
be sick.

If you
are dirty
and know
it wash
your hands!

Germ
s are
all around
you!

Germ
s are
gross!



Wash your
hands or the
germ monster
will get
you.

BE A GERM
BUSTER! WASH
YOUR hands!

Sparkle and Shine



wash your hands

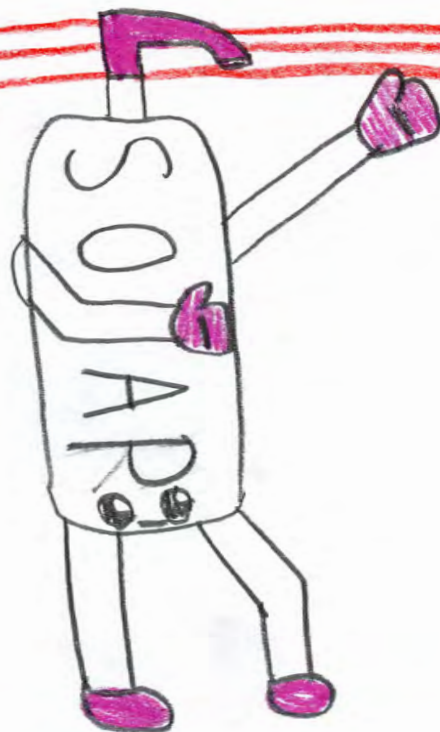
everytime!

SOAP

Always wins



VS



GERMS

EVEN



ANIMALS



EMPLOYEE



WASH THEIR

HANDS



Coltins "Even animals wash their hands!"



Soap

Winner, Winner, wash your hands
before and after dinner.

Germ
are gross
So...

Good
job

Your so
Strong!

WASH

Your

Be
Safe!

HOW TO WASH
YOUR HANDS.

1. get 1-2 pumps of Soap
2. Wash the Soap off
with water
3. dry hands off with
paper towels or
with hand dryers

You are
amazing!

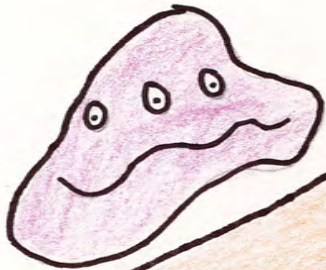
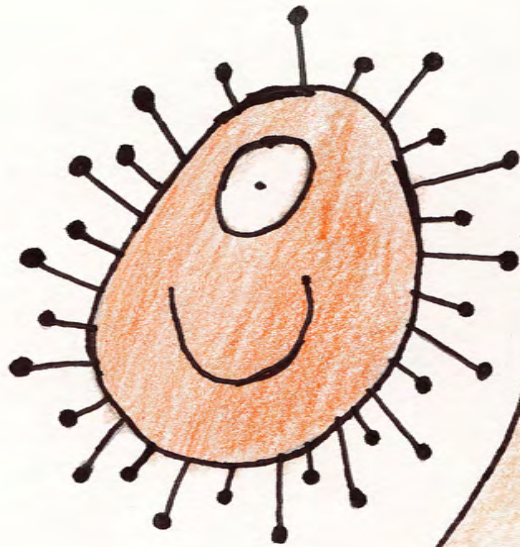
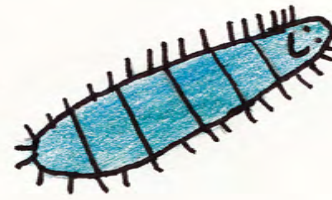
Hands

Your
Brave

Stay Germ Free!



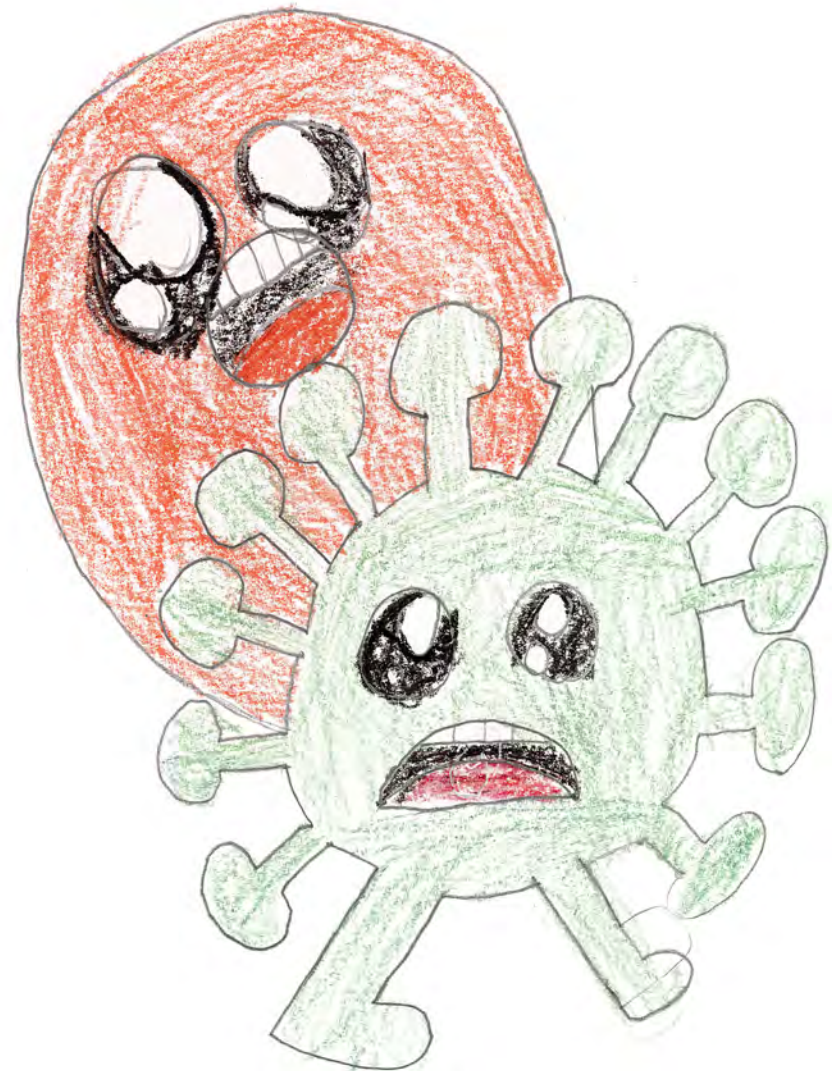
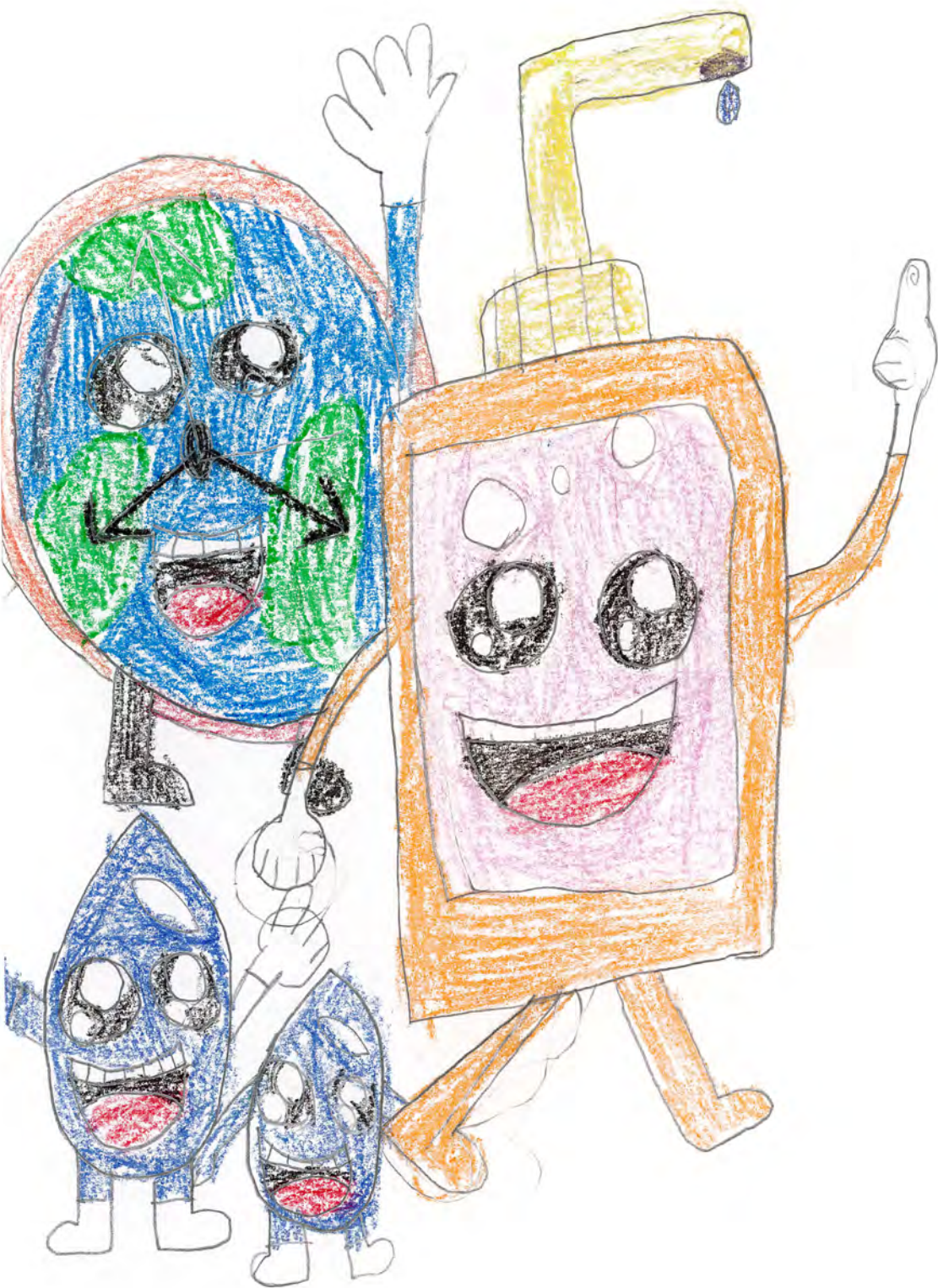
Before



Wash
Your
Hands

After

Wash Your
Hands!



English:

Wash ★ your ★ hands!

In 7 languages. There are more, can't list them all.

Spanish:

¡Láve se ★ Las ★ manos!

Arabic:

اغسل يديك ★

German:

Wasch ★ deine ★ Hände

French:

Lave z - vous ★ Les ★ mains

Kurdish:

de stên ★ x we ★ bişon

Japanese:

手を洗う

Braille:



By: Esmeralda Luther

HOW TO WASH YOUR HANDS!



YOU NEED TO WASH YOUR HANDS BECAUSE...



Why?



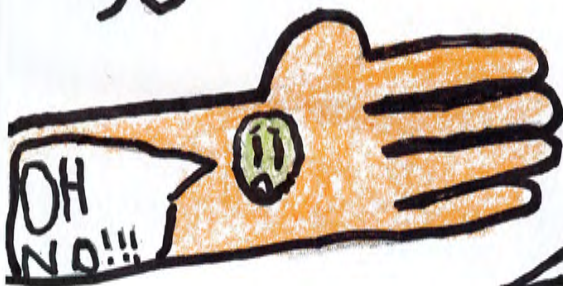
GERMS CAN MAKE YOU SICK!



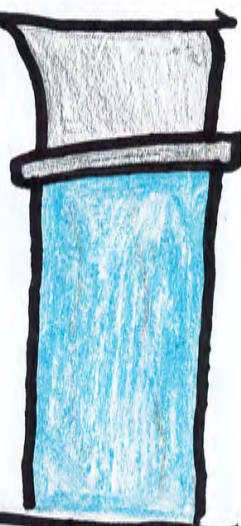
THEY CAN?!



SO YOU NEED TO KEEP THEM CLEAN.



OK!



SO WASH YOUR HANDS PLEASE



I DID! And now they are squeaky Clean!

Wash your hands for **20** seconds



Even if your hands look clean, they can still have icky germs!



All The Steps On Proper Hand washing
Wash your hands every day but, get
them wet first.



Then, you need to Lather them
with soap.



Next, you need to scrub your hands
together with soap.



After, you need to rinse your hands under
the water.

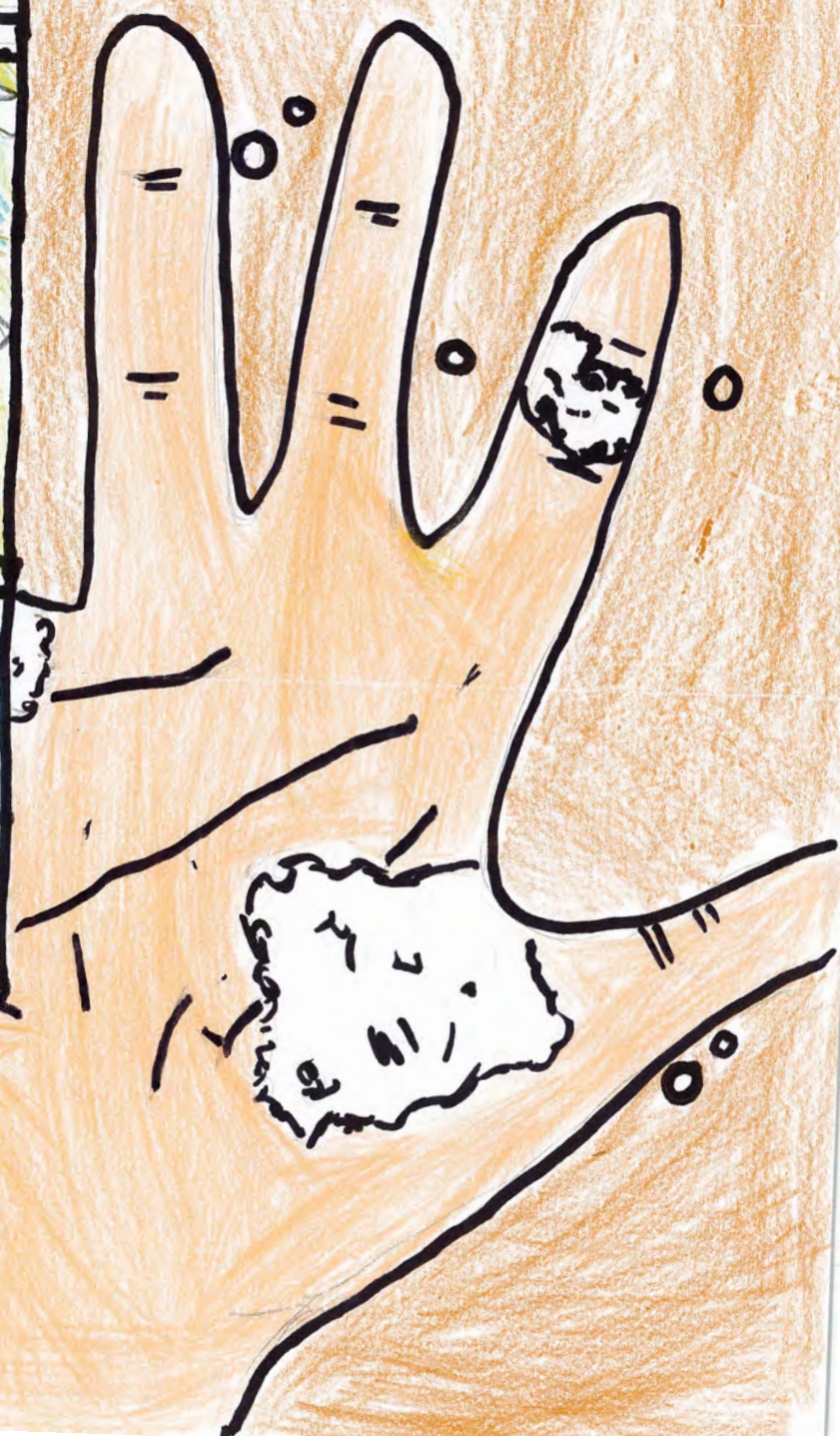


Finally, you need to dry them with a
towel or a paper towel.



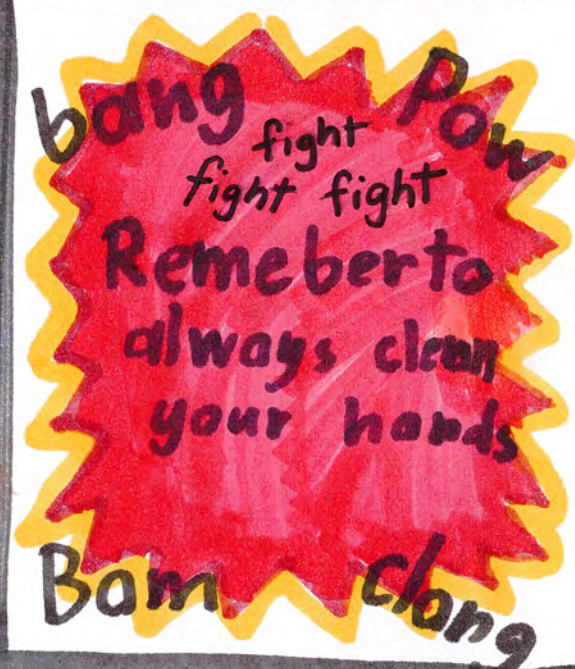
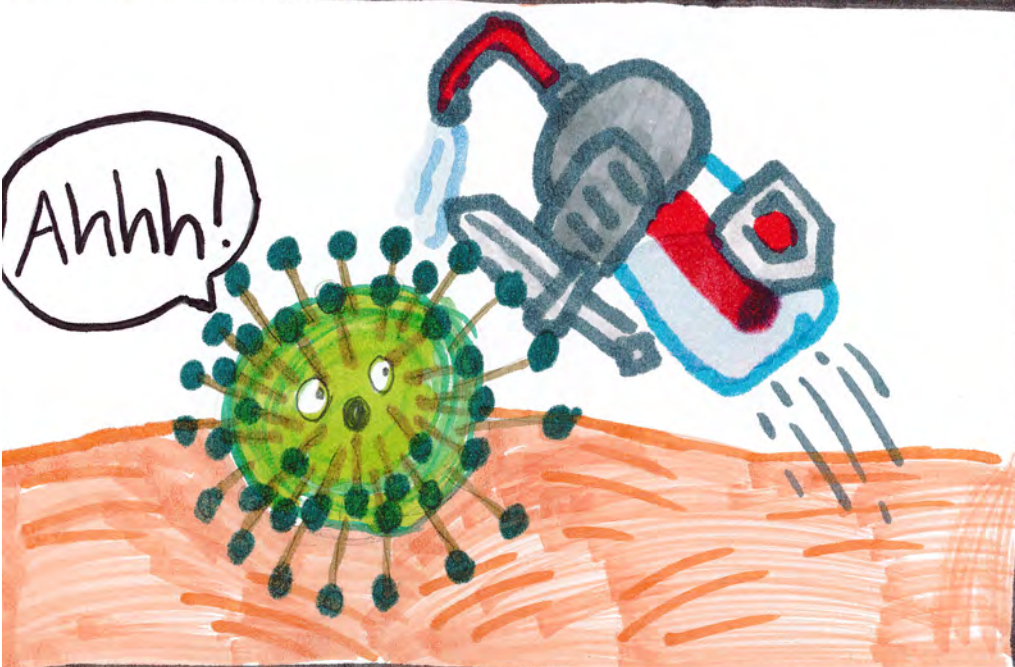
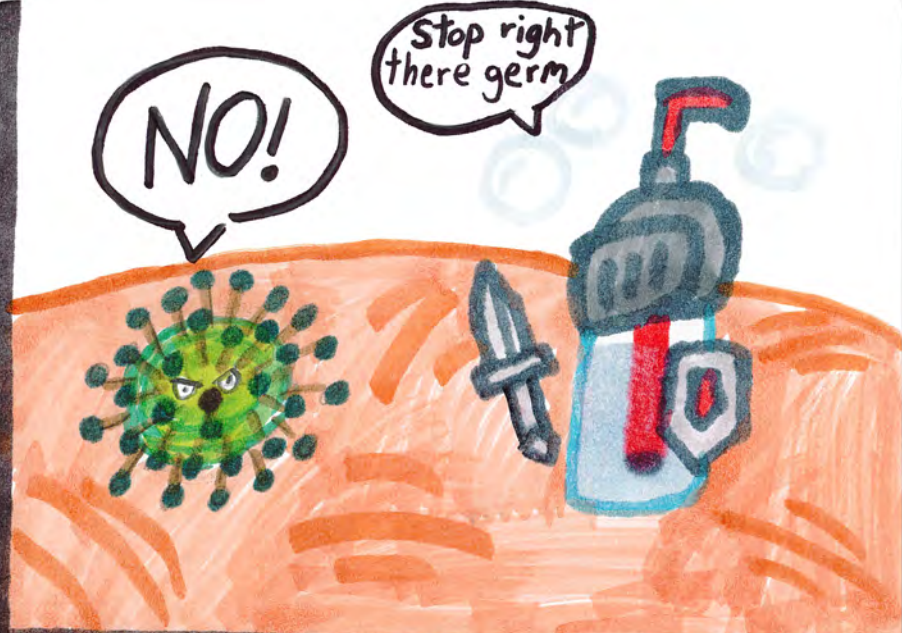


Don't forget
to wash your
hands for 20
seconds!



Tip

Washing hands does
not need to be boring
You can make silly
faces in the mirror



Help me to fight off
those germs by
washing your hands
with soap and
water for
20 seconds



1...
uno

2...
dos

3...
tres

4...
cuatro

5!
cinco

- Watch those for germs

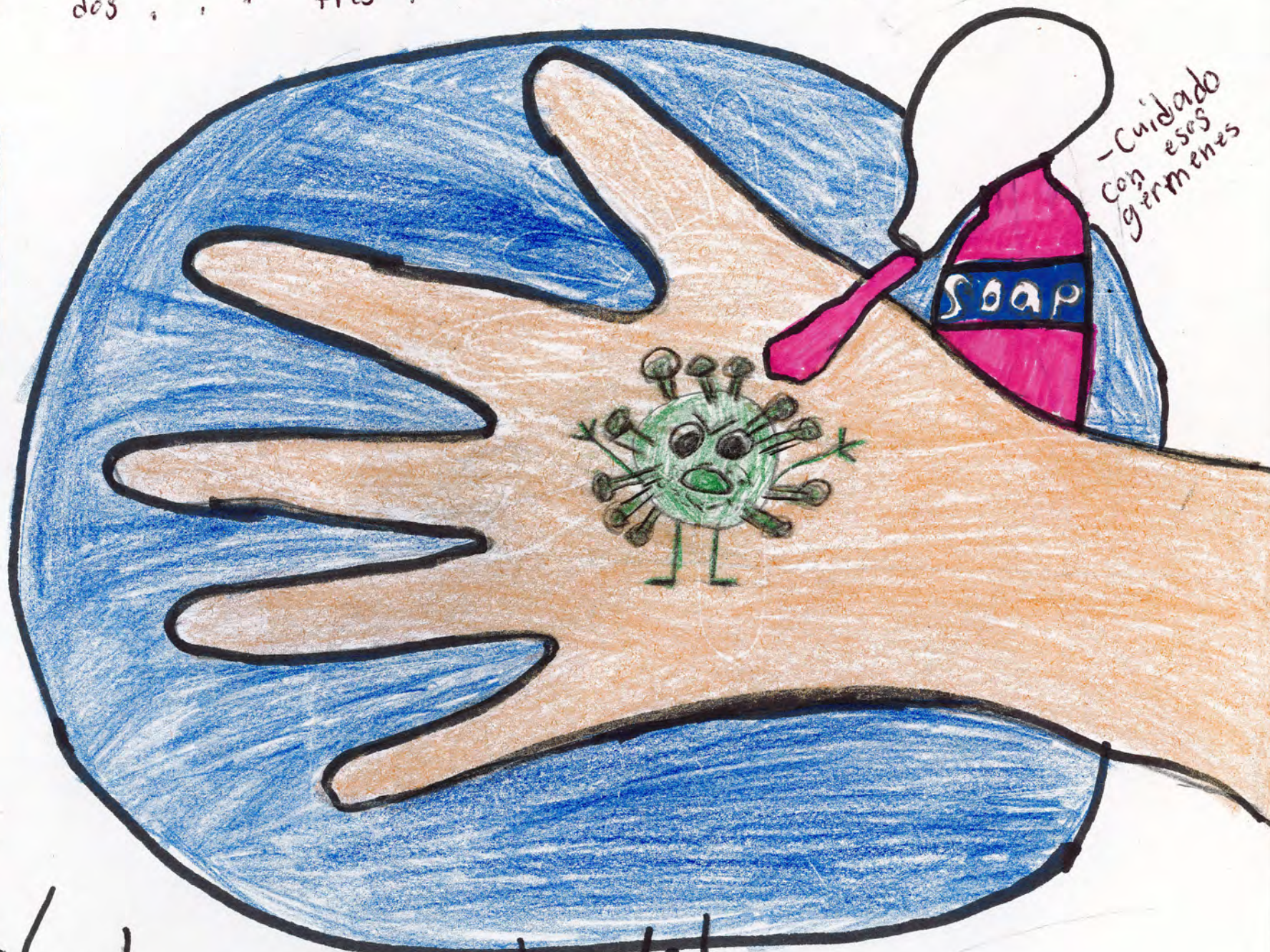
fun facts

There can be good germs and bad germs.

If everyone around the world washed their hands, over a million deaths could be prevented each year.

hechos
graciosos

Puede haber
gérmenes buenos
y malos.



- Cuidado con esos gérmenes

Wash your hands!

¡lávese las manos!

wash your hands

clean looking
hands can have
lots of germs



the 4 easy
steps to clean
hands

Always wash hands...
* before eating * after using
the restroom



* after playing
outside



* before cooking/
baking



and many more
times throughout
the day

get



soap

scrub



rinse



dry



did you know?

Your skin creates
oils, so you have
to scrub longer.
Scrub at least
20 seconds





Wash your hands, you can do it, put a lot of bubbles to it! ☺



Wash your hands,
Use soap & bubbles,
Don't give anyone illness troubles!

Wear a mask when you're sick with something contagious!



Sickness is bad, so wash your hands, & make sure it won't EXPAND!

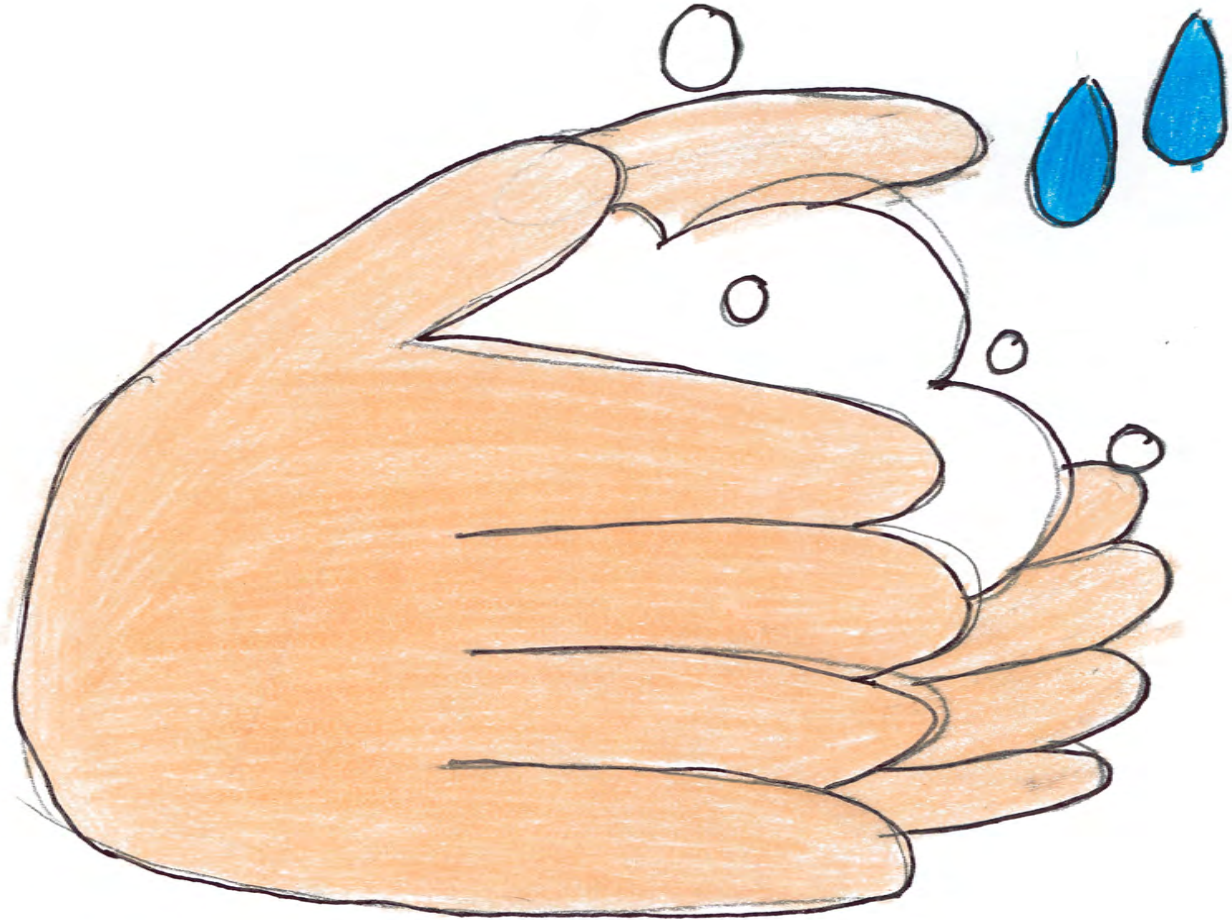


By: Luna Kim *



*search for all the steps, then connect in order.

Spread the Word not the
Germs



WASH YOUR HANDS!

~~Wash~~ Wash Your Hands!
soap, water and
scrubbing your hands
will get germs
away!



Wash your hands
or get sick!!!!!!

Lávate las manos
o te enfermas!!!!!!



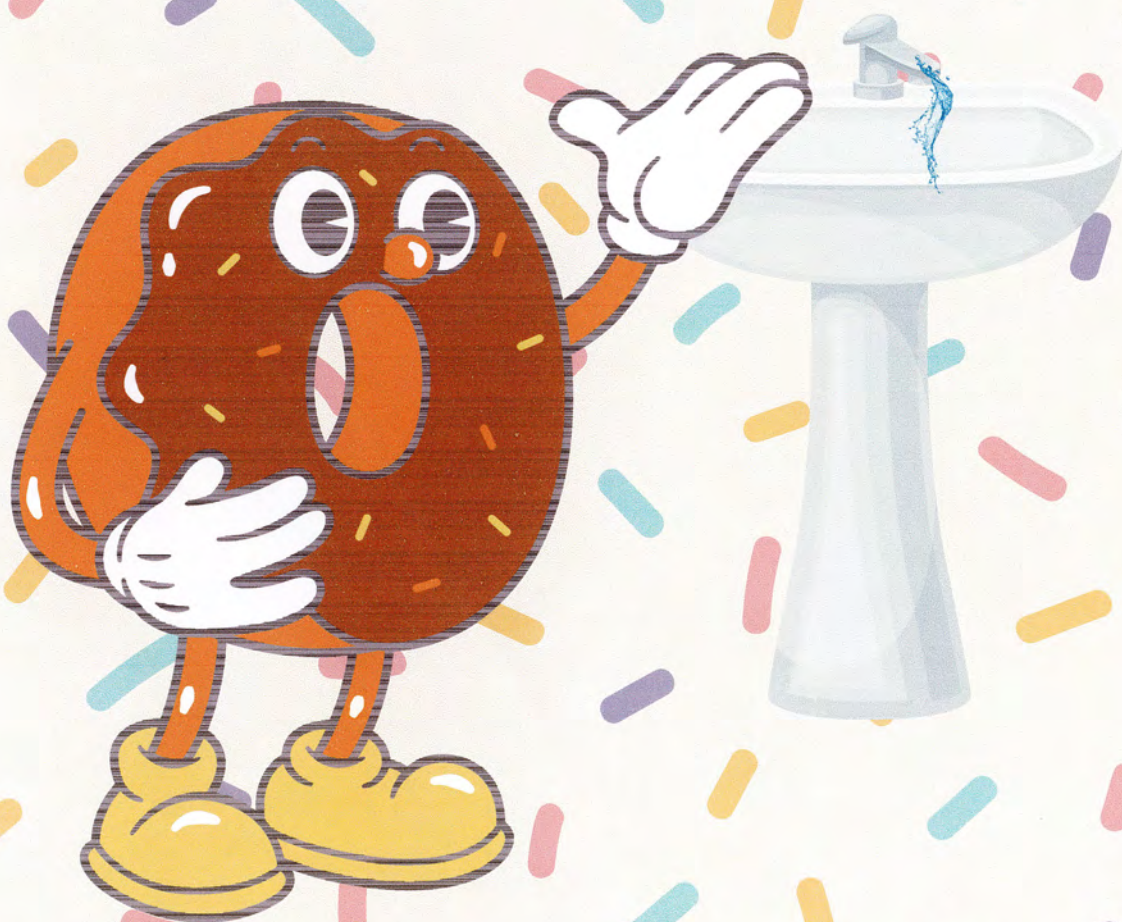
Wash your

hands!

lávese las manos!



donut forget
to wash your hands



Wash this
out



↓ ↓ ↓
happy clean
hands



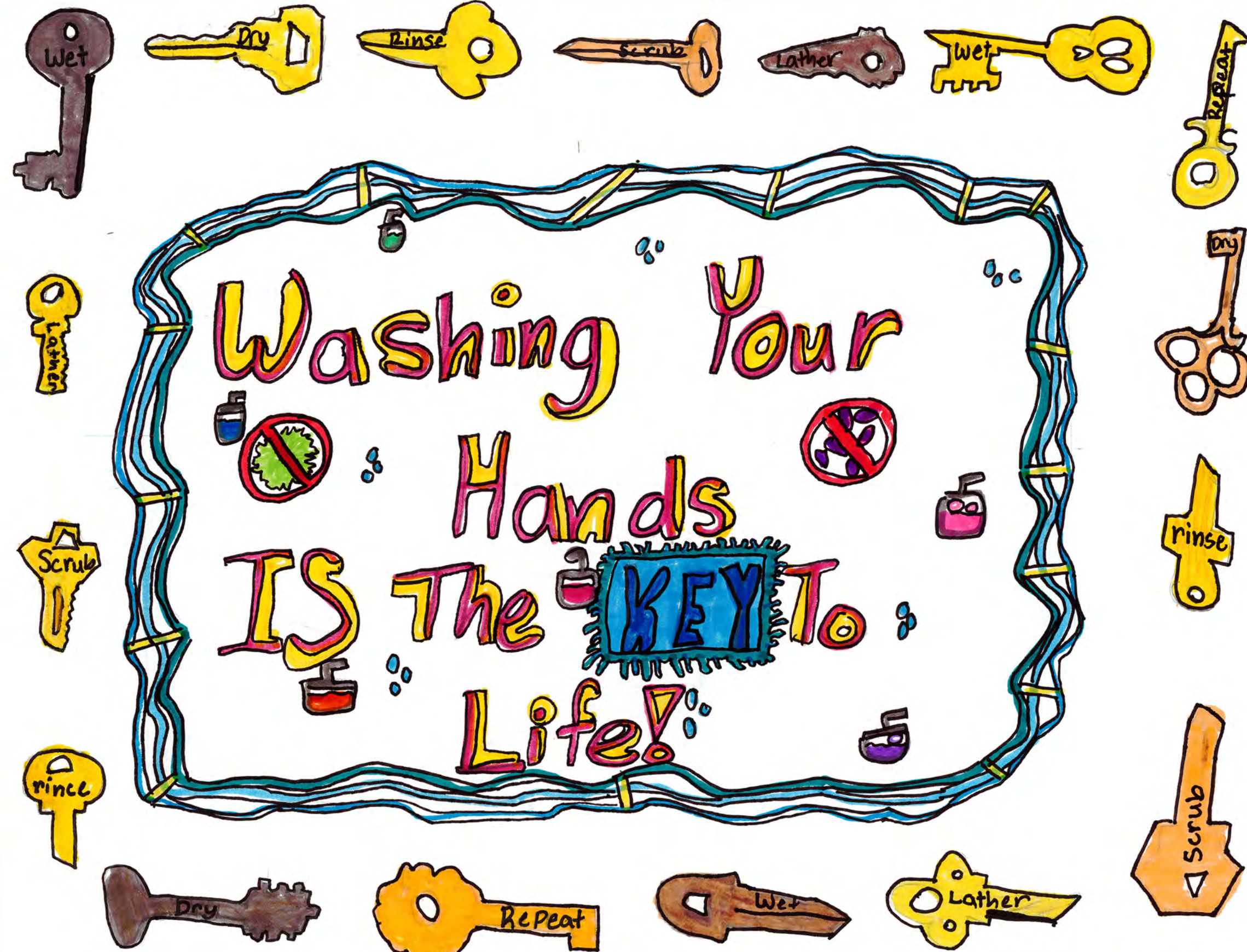
Limpa esto
↓ ↓ ↓

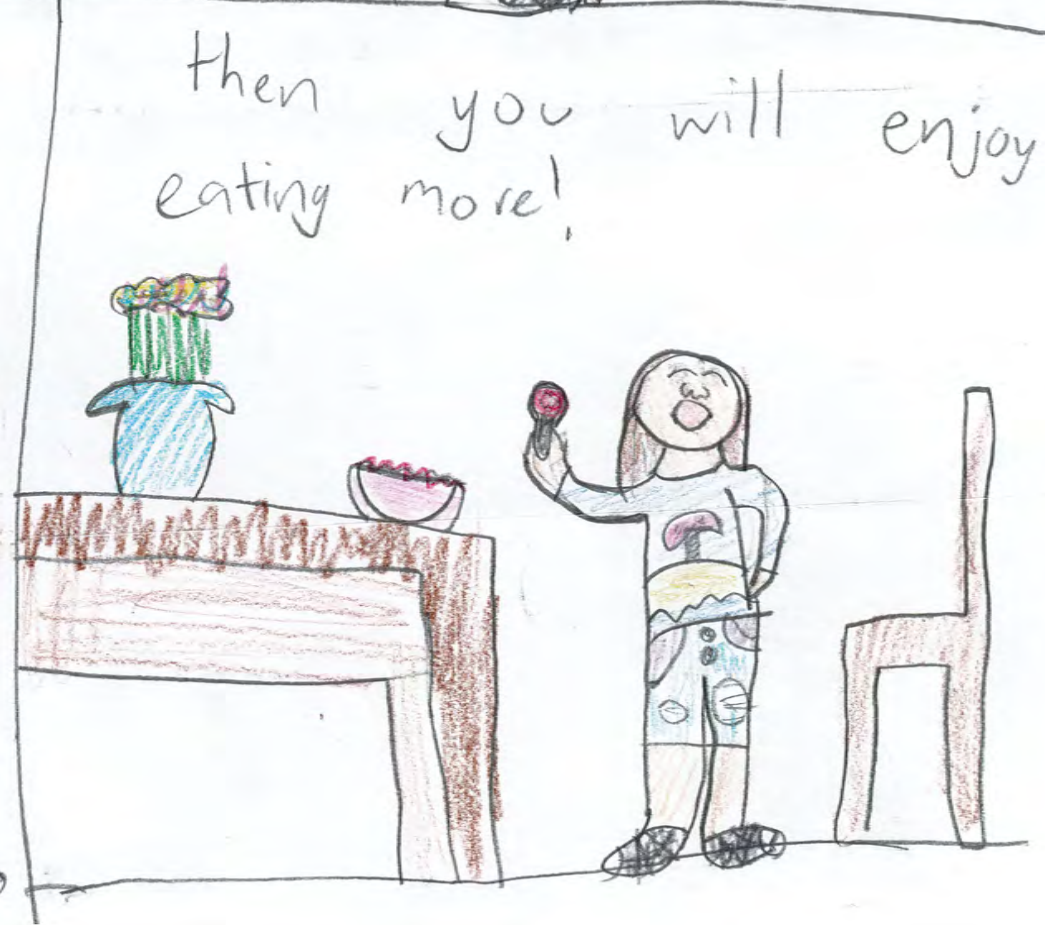


↓ ↓ ↓
manos
felizes

Germ's in jail





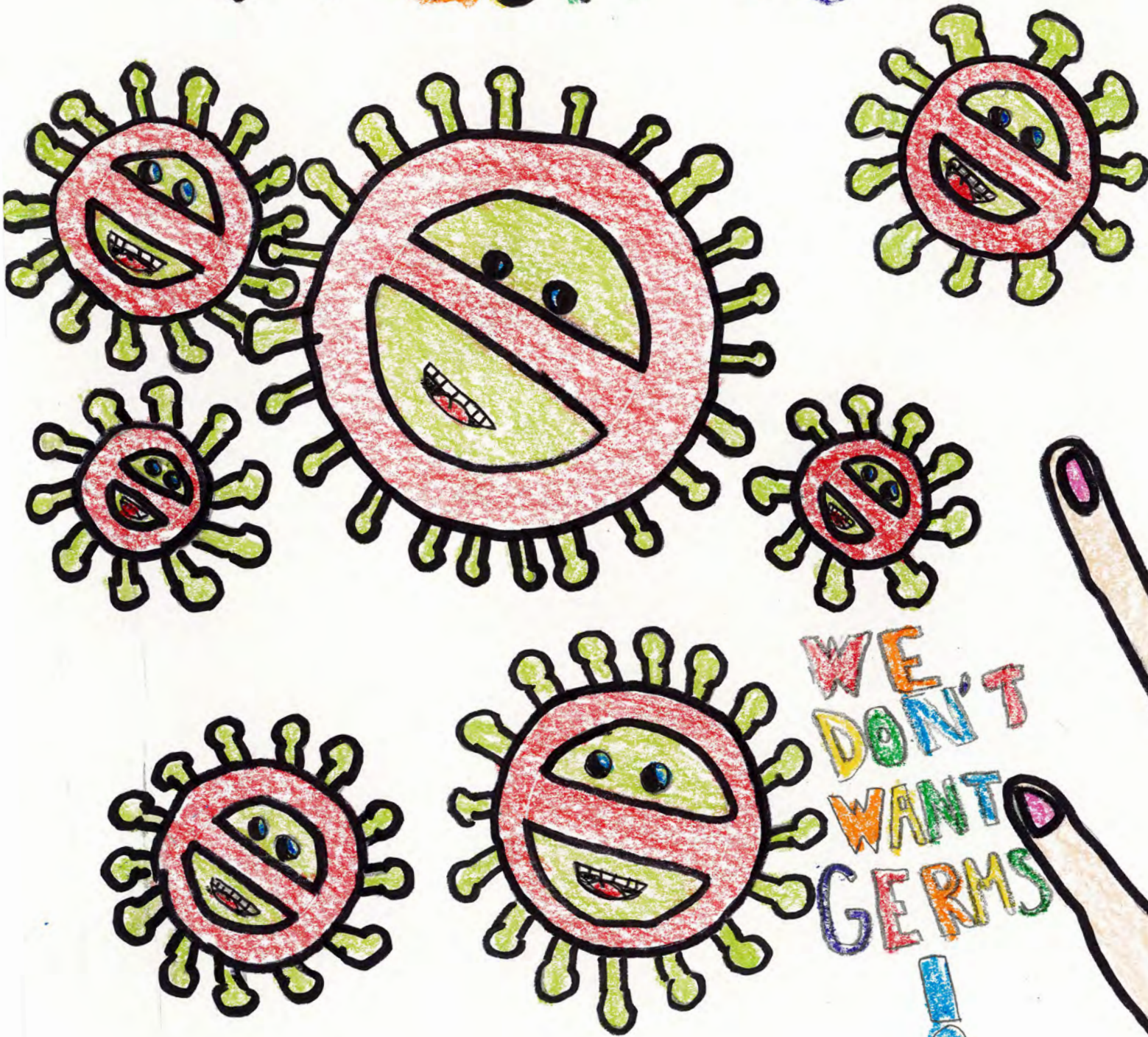




washing your

hands could save
a life

Wash Your Hands



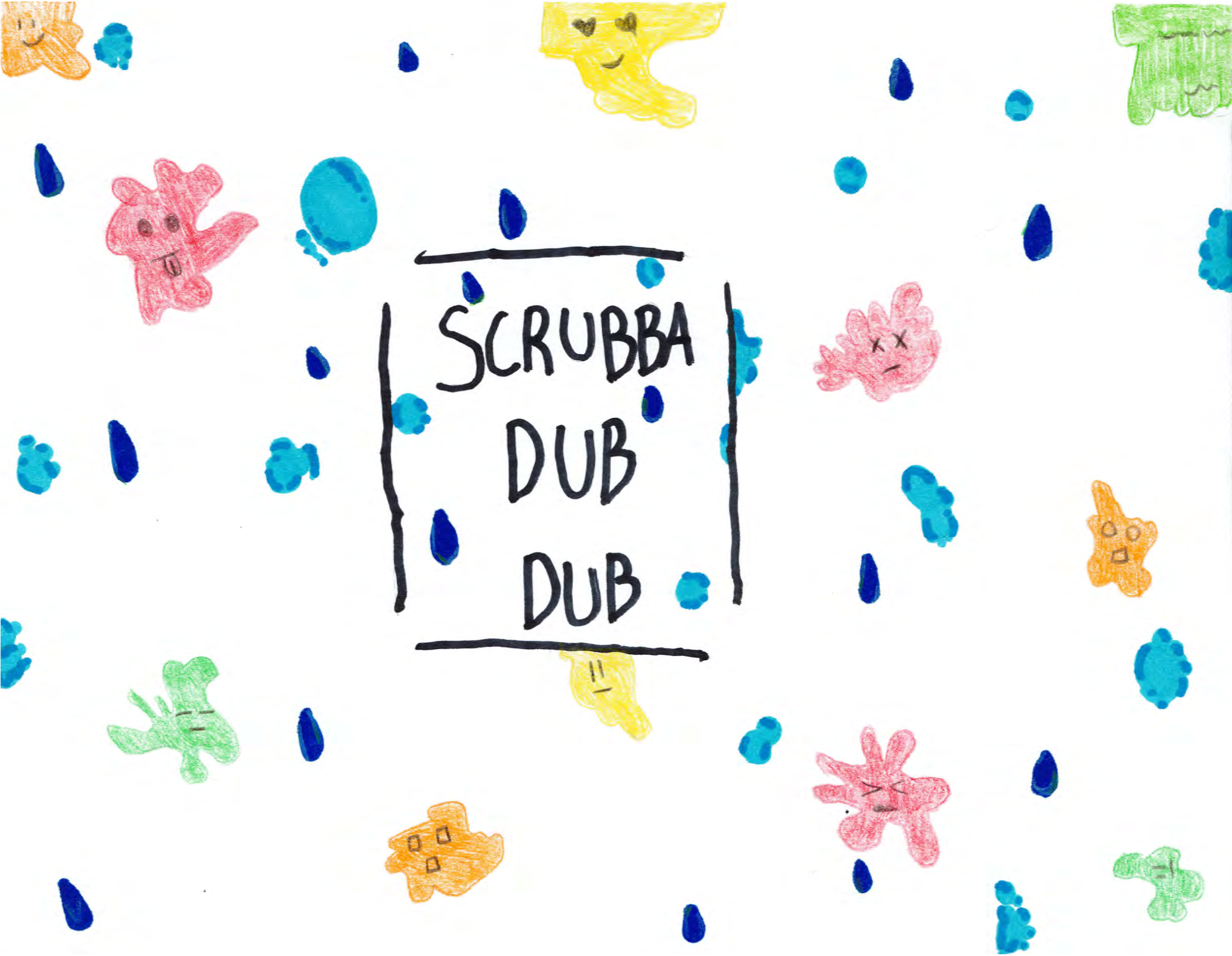
Please Wash Me

WE
DON'T
WANT
GERMS!

WE
DON'T
WANT
GERMS!



SCRUBBA
DUB
DUB





INFECTIOUS DISEASE RESOURCES



[American Academy of Pediatrics](#)

[CDC: Hand Hygiene in School and Early Care and Education | CDC](#)

[Children's Nebraska](#)

[Nebraska Chapter of the American Academy of Pediatrics](#)

[Nebraska Department of Education: School Health Services](#)

[Nebraska Extension](#)

[Nebraska Infection Control Assessment and Promotion Program \(ICAP\)](#)

Nebraska ICAP Hotline: 402-552-2881