

# Keep Lurgee Away



**Lurgee is a Sniffly Splurgee from another land**

**Lurgee loves to travel everywhere, especially your hands**

**Lurgee can bother others with his sniffly coughy ways**

**Lurgee doesn't mean to but he can sometimes make you sick**

**Avoiding Lurgee is easier if you always wash your hands**



**It is important to wash your hands often, including:**

- After going to the bathroom
- After playing
- After blowing your nose and coughing into your hands
- Before eating



**So make sure that when you wash your hands you really take your time. You can even sing your favorite song or say a nursery rhyme**



**It is important to wash all parts of your hands. Your fingers, thumbs, palms and tops of your hands and knuckles.**



**There are steps you can take to wash your hands really well.**

1. Get your hands wet with warm water
2. Get 1 pump of soap on your hands
3. Rub hands together
4. Rub the back of your hands
5. Rub in between your fingers
6. Clean the thumbs
7. Rinse your hands with warm water
8. Dry with a clean towel



**When you wash your hands really well then you can keep Lurgee away and stay healthy every day!**



**Keep Lurgee away, The Moshi Washy Way  
Keep Lurgee, keep Lurgee, keep Lurgee away**

