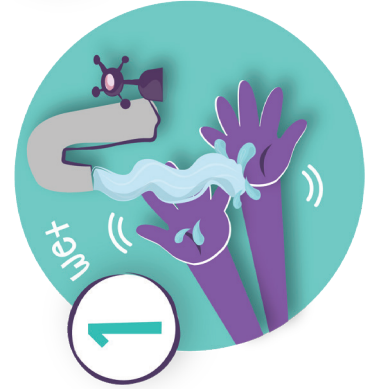




Wash your hands with RUFUS!





Have you met Rufus?

Rufus is a friendly monster who is here to help children learn good handwashing habits and to help you keep children safe from harmful germs like *E.coli*.

E.coli is a nasty bacteria which can make young children seriously ill as their immune systems are not yet strong enough to fight off infection. Teaching good handwashing habits is the best way to keep *E.coli* at bay!

The poster on the reverse of this card shows the 5 steps to proper handwashing. Place the poster over your sink. Why not singalong to the tune of *Row, Row, Row Your Boat* after they have gone to the toilet to make sure all of the harmful germs are washed away.



*Wash, wash, wash your hands,
Thumbs and fingers too,
Rinse and then make sure they're dry,
That's the thing to do!*



You can learn more and download fun activities like colouring sheets at safefood.eu/handwashing where your child can personalise their own Rufus or colour-in our 5 steps to handwashing.