


**Wash
your
hands
Rufus!**





Now you know Rufus and his dog, Boo. They think playing's a fun thing to do. Together, they've explored far off lands, green leafy jungles and deserts of sand. Every day's an adventure and sure enough, they often ended up covered in muck.



“Wash your hands, Rufus”,
Monster Mum said.



But Rufus just kept on playing instead.

Now you know Rufus and his dog, Boo.
They think playing's a fun thing to do.
They enjoyed a picnic with Spotty Bear,
There were lots of yummy sandwiches to share.
Spotty Bear saw that their hands were mucky.
He said "My gosh, your hands are yucky!"





“Wash your hands, Rufus”,
Spotty Bear said.



But Rufus just kept on eating instead.

Now you know Rufus and his dog, Boo.
They think playing's a fun thing to do.
They run races and play hide and seek,
Rufus cheats and takes a sneak peek.
They roll down hills and jump in puddles,
until they're in a mucky muddle.



"Ruff ruff ruff ruff, Ruff ruff (Wash your hands, Rufus)",
Boo the dog said.

But Rufus just kept on eating instead.



Now you know Rufus and his dog, Boo.
They think playing's a fun thing to do.
But sometimes, Rufus really has to go.
Even monsters need loo breaks, you know.
Rufus leaves his adventures to run to the loo.
When you need to go, it's the best thing to do.



"Wash your hands, Rufus",
Monster Dad said.



But Rufus just kept on running instead.



Now you know Rufus and his dog, Boo.
They think playing's a fun thing to do.
Rufus went to the loo and made sure to flush,
but washing his hands was far too much fuss.
But what Rufus forgot, is that in all the play,
nasty germs find new places to stay.



**"Wash your hands, Rufus",
everyone said.**

**Rufus remembered he'd kept
on playing instead.**

**Monster Mum said it,
and Monster Dad too.
Sometimes grownups
know the right thing to do.**

**Even Spotty Bear said it,
and Boo the dog too.
Sometimes friends
know the right thing to do.**



Now you know Rufus and his dog, Boo.
They think handwashing's a fun thing to do.
Rufus wet his hands and grabbed the soap.
Those bubbles gave the germs no hope.



He rubbed and scrubbed, then rinsed and dried.
Those nasty germs had no place to hide.



"Wash your hands everyone",
Rufus said.

Then tired from the day, off he went to bed.

To help make handwashing fun,
Rufus has written a song.
Sing along to the tune of
Row, Row, Row Your Boat
at handwashing time.



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





Why don't you go back
and find all the times
Rufus should have
washed his hands?





Remember to wash
the germs away.
Wash your hands
the Rufus way!



Search "safefood handwashing" for tools
to teach good handwashing habits