

HEY YOU! ARE YOU WASHING YOUR HANDS?



WASHING YOUR HANDS IS ONE OF THE BEST WAYS TO REMOVE THE GERMS THAT CAN MAKE YOU AND THE PEOPLE AROUND YOU SICK. YOU SHOULD WASH YOUR HANDS SEVERAL TIMES EVERY DAY— INCLUDING AFTER YOU USE THE BATHROOM, BEFORE YOU EAT FOOD, BEFORE YOU COOK FOOD, AND AFTER YOU BLOW YOUR NOSE.

AM I DOING IT RIGHT? FOLLOW THESE STEPS:

1



Turn on the water to a nice warm temperature. Get your hands and wrists wet.

2



Add at least one pump of soap and rub your hands together. Make sure there is enough soap to cover both of your hands

3



Rub your soapy hands together for at least 20 seconds. Here's a good trick: sing happy birthday twice! Make sure you are scrubbing all parts of your hands.

4



Rinse your hands so all the soap is gone. Grab a clean paper towel and dry your hands. Then grab a clean paper towel to turn off the water faucet.

