

How to Wash Your Hands:

1. Run your hands under warm water

2. Lather hands with soap

3. Rub hands together for 20 seconds (sing your ABCs or count to 20)

4. Rinse hands under warm water

5. Dry hands with a clean towel



Handwashing Habits

When should I wash?



After using the bathroom



Before eating



After touching a pet or animal



After you cough or blow your nose



After playing outside