



### I wash my hands.

I always wash my hands before I eat. I always wash them after I use the bathroom. It is also important to wash my hands after I blow my nose, cough or sneeze. I always need to wash my hands after I have been around someone who is sick. Other times I should wash my hands are after I touch an animal or handle trash. Whenever my hands look dirty, I should wash them.

- I turn on the water. I need to make sure it is not too cold or too hot. Once the water is the right temperature, I can begin washing my hands.
- I wet my hands with the water.
- I put a small amount of soap on my hands and rub the soap for about 20 seconds. I make sure I wash between the palms of my hands, my fingers, the tips of my fingers, my finger nails, and the back of my hands.
- I rinse my hands with water.
- Once all the soap is rinsed from my hands, I turn off the water.
- I dry my hands with a cloth towel or paper towel. I hang up the cloth towel after I use it. I use a paper towel, I throw the used towel into the garbage can.

