

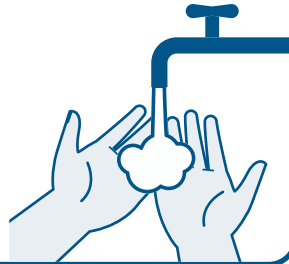
# Wash your hands

It is important to keep your hands clean to help prevent getting sick and spreading germs to other people.

1

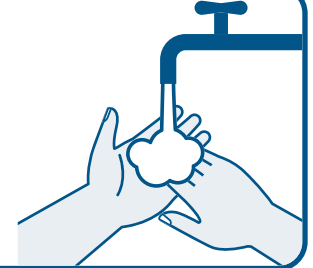
**Turn on the water. Make sure it is not too cold or too hot.**

Once the water is the right temperature, wet your hands with the water.



3

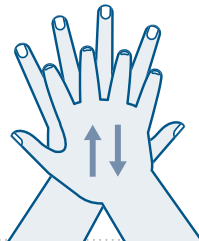
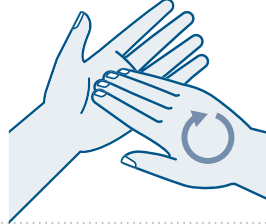
**Rinse your hands with water.**



2

**Put a small amount of soap on your hands and rub the soap in your hands for about 20 seconds.**

Be sure to wash your palms, each finger, finger tips, and the back of your hands.



4

**Once all the soap is rinsed from your hands, turn off the water using a paper towel.**



5

**Dry your hands with a paper towel.**

Toss the paper towel into the trash can.

