

Wash your Hands



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

- 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.
- 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.
- Rinse your hands with water.
- Once all the soap is rinsed from your hands, turn off the water.
- Dry your hands with a paper towel. Toss the paper towel into the trash can.

