

STAY HEALTHY.

**WASH YOUR HANDS!**



# HAND WASHING

8 steps to washing your hands

- 1** Get your hands wet.
- 2** Put on soap.
- 3** Rub soapy hands for as long as it takes to sing "Happy Birthday" two times or about 20 seconds.
- 4** Scrub fingertips and between fingers. Make lots of bubbles!
- 5** Scrub just below your wrists.
- 6** Rinse off. Wash all those bubbles away!
- 7** Dry your hands with a paper towel.
- 8** Turn off water with the paper towel. Throw the paper towel away.