

Wash your Hands



Washing your hands is a quick and easy way to keep yourself and others free from harmful germs and disease.

WHEN?

- After going to the toilet
- Before and after touching or eating food
- After coughing, sneezing or blowing your nose
- After playing with an animal or pet
- If your hands look or feel dirty
- After touching money
- After taking out the trash

HOW?

- Wet hands with warm water
- Lather with soap
- Scrub for at least 20 seconds
- Scrub between fingers, under nails and up wrists
- Rinse off all soap in clean running water
- Dry hands completely with a paper towel
- Turn off water with the paper towel

Twenty Seconds - Sing Your ABC's



WASH YOUR HANDS OFTEN TO PREVENT THE SPREAD OF GERMS & DISEASE.