

HAND WASHING

Stay healthy. Wash 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 towel. Throw the towel away.

