Washing hands saves lives.

DO YOU KNOW HOW TO WASH YOUR HANDS?

WET
Wash under fingernails, between fingers, back of hands & wrists.

SOAP
Scrub for at least 20 seconds.

SCRUB
Make lots of bubbles!

RINSE
Dry hands with paper towel or hot air dryer.

DRY
Turn off faucet & open door with paper towel.

WHEN TO WASH:

- After using the toilet
- Before eating food
- Before, during & after making food
- After blowing your nose, coughing or sneezing
- After touching someone who may be sick
- After touching an animal
- After touching garbage
- When you come home from school or outside

DO you know how to wash your hands?

Dry when to wash:

Wet
Soap
Scrub
Rinse
Dry

Washing hands saves lives.