

# 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.

