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Washing Your Hands

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I should wash my hands often. Washing my hands removes germs and viruses.



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I should wash my hands after blowing my nose, coughing or sneezing.



I should wash my hands after using the bathroom.



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After I touch a pet.



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After I return from public places or come in from outside.



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Before I help make meals.



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Before I eat at the table.



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There are 6 steps I should follow when washing my hands.



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1. Wet my hands with warm water.



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2. Apply soap.



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3. Lather soap all over my hands.



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4. Wash my hands for a count to 20. Set a timer or sing the Happy Birthday song two times!



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5. Rinse my hands with warm water.



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6. Dry my hands using a clean hand towel or paper towel.



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If I am not near soap and water, I can use hand sanitizer. Hand sanitizer should be 70% alcohol to remove germs and viruses.



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By washing my hands often, I can help stop the spread of germs and viruses.

The End

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