

# 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.**