

# Prevent the spread of germs by washing your hands.



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## HOW TO PROPERLY WASH YOUR HANDS:

1. Wet your hands with warm water.
2. Lather up with soap by rubbing your hands together.
3. Take the time to lather the backs of your hands, between your fingers, and under your nails. Wrists too!
4. Scrub your hands for 20 seconds.
5. Rinse your hands well under warm, running water.
6. Dry your hands using a clean towel.

## WHEN SHOULD CHILDREN WASH THEIR HANDS

There is never a bad time to take a moment and wash your hands, but below is a shortlist of opportune times for children to do so.

- After blowing your nose, coughing, or sneezing
- Before eating and cooking
- When using the bathroom
- After touching animals
- When getting home from school
- After being outside (playing, gardening, walking the dog, etc.)



**!** If warm water and soap aren't available, use hand sanitizer!

