

Washing your hands is important!



Germs are everywhere.
Just because you can't see them, doesn't mean they aren't there!



1 Rinsing hands with water



2 Add soap



3 Rub hands together for 30 seconds



4 Clean backs of hands and wrists



5 Clean between fingers



6 Rinsing hands



7 Drying hands

When do you need to wash your hands?



After using the restroom, sneezing, coughing, or blowing your nose



Before and After Eating