

How to Wash Your Hands

1. Wet hands with warm water
 2. Apply soap to hands
 3. Rub hands together for 20 seconds, making sure to get between fingers and clean fingernails. This is long enough to sing the "Happy Birthday" song twice.
 4. Rinse hands thoroughly with warm water.
 5. Dry hands with a clean towel, paper towel or hot air dryer.
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When to Wash Your Hands

After Playing Outside

Before & After Handling Food

If Hands are Visibly Dirty

After Playing with Pets

After Using the Bathroom

Before Eating

After Sneezing or Coughing into Hands or Tissue