When should I wash my hands?

- Before Eating
- After Playing with Animals
- After Going to the Bathroom
- After Playing Outside
- After Sneezing

Cleaning your hands is one of the best ways to prevent germs from spreading.

Washing your hands often can prevent germs that cause illness from spreading to your family, friends, and community.

How should I wash my hands?

1. Wet your hands under running water.
2. Add some soap and lather your hands for as long as it takes you to sing Happy-Birthday.
3. Dry your hands.

Palm to Palm
Back of Hands
Fingernails
Between Fingers
Base of Thumbs
Wrist