Hand Washing

After you use the bathroom, sneeze or cough, or spend time in a public place, you should wash your hands. This helps you and other stay healthy.

1. Get your hands wet.
2. Put some soap on your hands.
3. Rub your hands together while you slowly count to 20.
4 Rinse off the soap.

5 Use a paper towel or hand dryer to dry your hands. When you’re done, use the towel to turn off the faucet.