

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.

