

Rules for Hand Washing



1. Use soap and warm water.



2. Wash for at least 20 seconds



(or long enough to sing a short, familiar song like “Happy Birthday”).

3. Cover your palms, the back of your hands, and in between your fingers with suds.



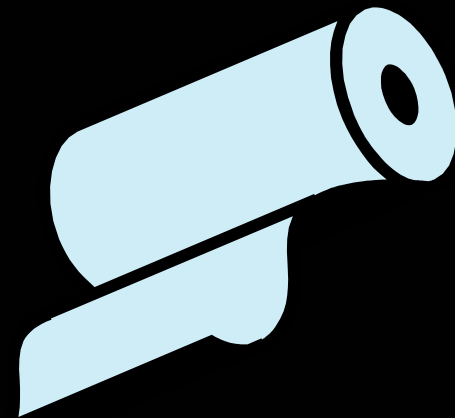
4. Make a good sudsy lather, and get underneath fingernails and in between fingers.



5. Rub and scrub! It's the suds and the friction that kill germs.



6. Dry with a disposable paper towel.





Always wash your hands after using the toilet, after you blow or wipe your nose, after you play with pets, and after you play outside.



Always wash your hands after handling raw food and before eating.

