My Goal: Have clean hands and prevent spread of germs

Hand washing is important because:

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria.
- It is the best way to stop germs from spreading.

6 Easy Steps to Clean Hands:

1. Wet your hands
2. Apply soap
3. Wash your hands for 20 seconds
   - Don't forget to scrub between your fingers, under your nails, and the top of your hands.
4. Rinse well
5. Dry your hands
6. Turn off water with paper towel

When to wash your hands:

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or touching your mouth
- After using the toilet

How do I know if I washed my hands for 20 seconds?

- Sing Happy Birthday to yourself twice
- Sing the alphabet song to yourself