

I choose to have clean hands

I choose to change!



Here are things I can choose to do:

- Use soap every time I wash my hands.
- Wash my hands with soap for 20 seconds and scrub the front and back of my hands and wrists and:
 - Between my fingers and thumbs.
 - Under my fingernails.
- Wash my hands with soap every time:
 - After I use the toilet.
 - After I change a diaper.
 - Before I touch food or eat.
- Cough or sneeze into my elbow instead of my hand.

Special Olympics
Health Promotion



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