I choose to have clean hands

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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