

# HAND WASHING

Step By Step Directions to Learn How to Wash Your Hands



Use soap.



Scrub palm to palm.



Scrub back of hands.



Wash between fingers.



Wash thumbs.



Scrub fingernails.



Wash wrists.



Rinse hands.



Dry hands.

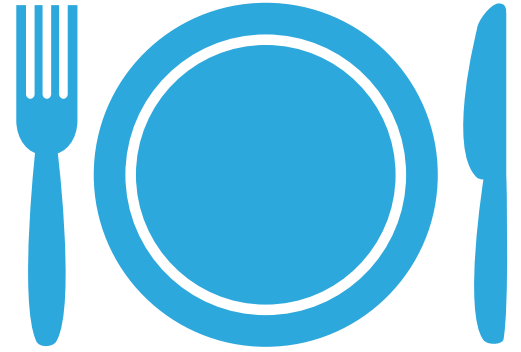


# TO STAY HEALTHY,

wash your hands especially:



after you  
use the  
bathroom.



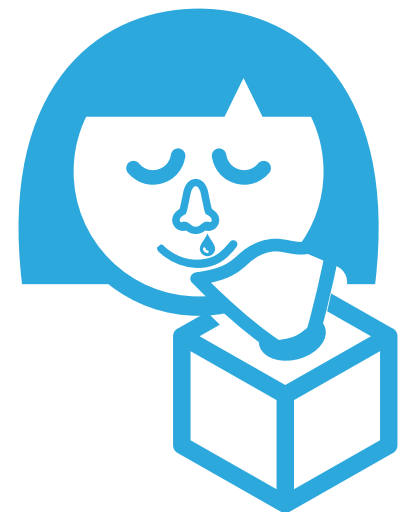
before you  
prepare  
meals or eat.



after you  
care for  
animals.



after you  
cough  
or sneeze.



after you  
use tissues.

Did you remember to  
**WASH YOUR HANDS?**

