



# Why I wash my hands



I need to wash my hands to keep myself and others safe and healthy.



I wash my hands after I use the  
bathroom



I wash my hands after I go  
outside



I wash my hands after I  
touch something dirty



I wash my hands after I  
cough or sneeze



To start washing my hands,  
I turn on the sink



I put soap on my hands and  
scrub



I sing my favorite song for  
twenty seconds while I  
scrub between my fingers



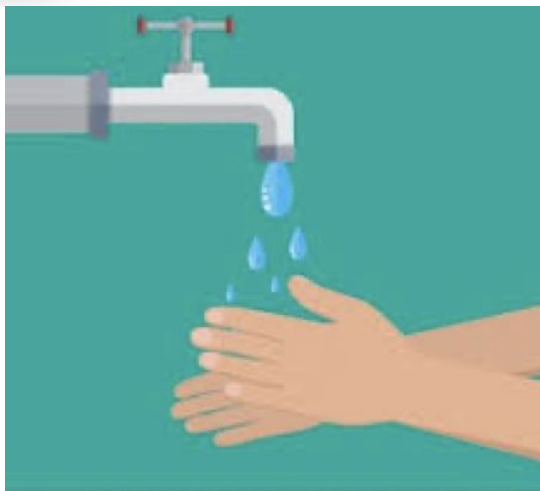
I scrub the back of my  
hands



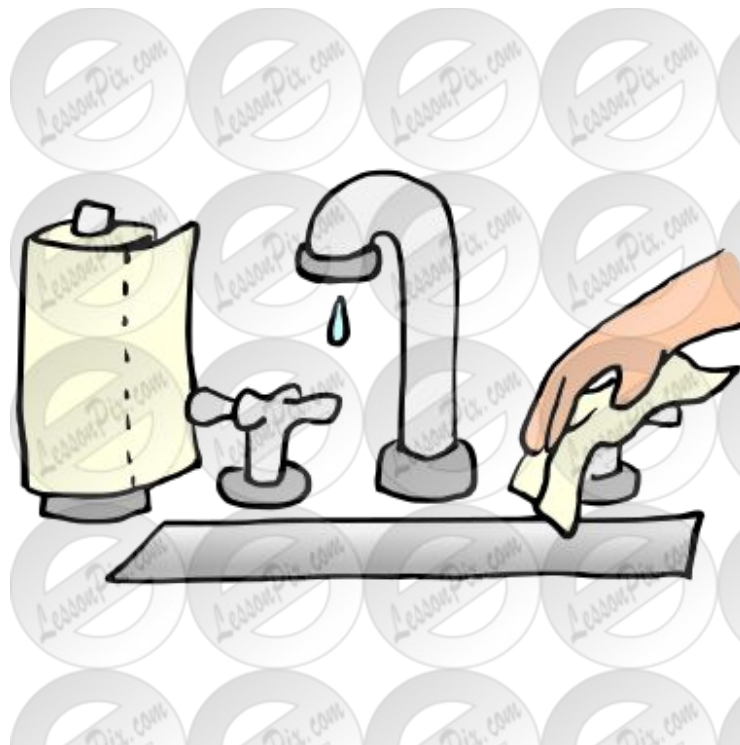
I scrub my palms together



I scrub my wrists too



I finish the song and rinse  
off my hands



I turn off the water, using a  
paper towel or my wrist.





I dry my hands off with a towel



I have washed my hands!

# WASH YOUR HANDS



USE SOAP



PALM TO PALM



BACK OF HANDS



FINGERS INTERLACED



BASE OF THUMB



FINGERNAILS



WRISTS



RINSE HANDS



DRY HANDS