Washing My Hands

I need to keep my hands clean. It is important to wash my hands.

If I do not wash my hands, I may spread germs.

Germs can make me sick. Germs can make my family and friends sick.
Here’s how to wash my hands:

- Turn on the water
- Get water all over my hands

- Put soap on my hands
● Rub my hands together under the water
● Scrub my hands all over, including my fingertips

● Count to 20 or sing Happy Birthday while washing my hands

● Turn off the water
● Dry my hands with a towel
I can also use hand sanitizer to clean my hands.

I need to try to keep my hands clean.

Washing my hands will keep me healthy and safe.

Washing my hands will keep my family and friends healthy and safe.