

We Can Wash Our Hands!
Washing our hands takes germs away and helps us stay healthy.



Wet your hands under running water. Add soap.



Scrub your hands and fingers together for 20 seconds inside, outside and in between! Thumbs too!



Rinse your hands under running water. Germs stick to soap. Water washes the soap and germs away!



Dry your hands with a clean towel or let air dry.



Point to the items we need to wash our hands:

