

# 5 Steps to Good Hand Washing!

Do you know the right way to wash your hands?  
Take these 5 simple steps to good hygiene.

## Step 1 – Turn on the warm water and let it run.

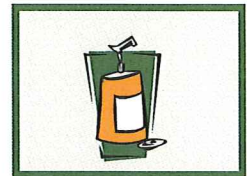
Turn on the warm water. If you have 2 faucets, turn on the cold first and then the hot until the water is warm.



## Step 2 – Wet your hands and soap up.

Get your hands wet by quickly running both hands under the warm water.

Turn one palm up flat under the soap nozzle and pump out some soap with your other hand. Or wet the bar of soap. Then rub the soap between your palms to make bubbles.



Rub your palms, the back of your hands, in between your fingers, and under your nails. Quickly dip your hands under the running water to make more bubbles and suds.



## Step 3 – Sing while you wash!

Lather up for at least 20 seconds. Sing the “Happy Hand Washing” song twice, the alphabet song, or the version of “If You’re Happy and You Know It” in this guide. The 20 seconds will seem to fly by!

## Step 4 – Rinse off your hands.

Point your hands down into the sink so that the soap runs from your wrists to your fingertips. Make sure all the soap comes off.



## Step 5 – Dry off your hands.

Grab the paper towel and dry your hands. Then use the paper towel to turn off the faucet, and throw the paper away. At home, you can use a cloth towel and use bare hands to turn off the faucet.

