

Hand Washing

- “Keeping hands clean is one of the best ways to prevent the spread of infection and illness.”
 - Center for Disease Control and Prevention



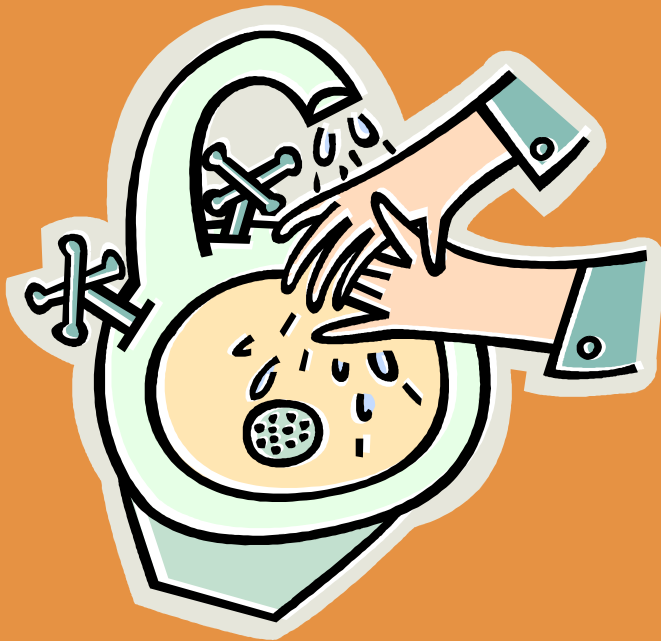
When To Wash Your Hands



- After using the bathroom
- After sneezing or coughing
- Before eating
- After playing outside
- After handling money
- After touching animals



How To Wash Your Hands



1. Wet Hands
2. Apply Soap
3. Rub soapy hands for 20 seconds
4. Scrub fingertips and between fingers
5. Scrub forearm to just below elbow
6. Rinse forearms and hands
7. Use towel to dry hands and forearms
8. Turn off water with towel and throw towel away

– Florida Department of Health

Hand Washing Song

Wash, wash, wash your hands

Make them nice and clean

Wash the bottoms and the tops

And fingers in between

(to the tune of Row, Row, Row your Boat)

Center for Disease Control and Prevention

