When should I wash my hands?

- Cleaning your hands is one of the best ways to prevent germs from spreading.
- Washing your hands often can prevent germs that cause illness from spreading to your family, friends, and community.

Before Eating

After Playing with Animals

After Going to the Bathroom

After Playing Outside

After Sneezing

Back of Hands

Fingernails

Between Fingers

Base of Thumbs

HOW SHOULD I WASH MY HANDS?

Palm to Palm

1. Wet your hands under running water.
2. Add some soap and lather your hands for as long as it takes you to sing Happy Birthday.
3. Dry your hands with a paper towel.
4. Use a paper towel to turn off the sink and to open the door to exit the bathroom.

Wrists

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health