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.

- After Playing with Animals
- After Going to the Bathroom
- After Playing Outside
- After Sneezing

How should I wash my hands?

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.