

HAND WASHING

Step By Step Directions to Learn How to Wash Your Hands



Use soap.



Scrub palm to palm.



Scrub back of hands.



Wash between fingers.



Wash thumbs.



Scrub fingernails.



Wash wrists.



Rinse hands.



Dry hands.



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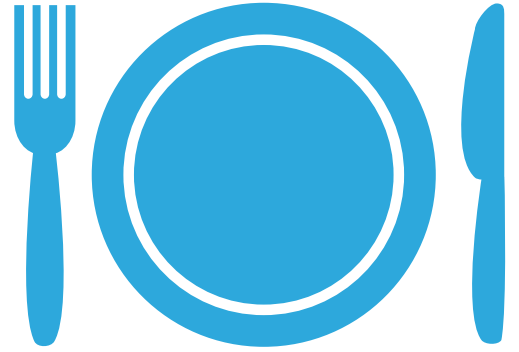


TO STAY HEALTHY,

wash your hands especially:



after you
use the
bathroom.



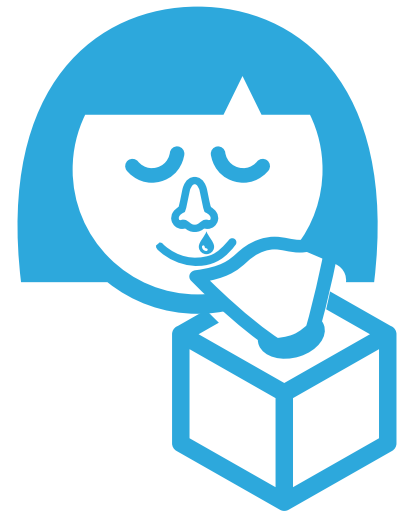
before you
prepare
meals or eat.



after you
care for
animals.



after you
cough
or sneeze.



after you
use tissues.