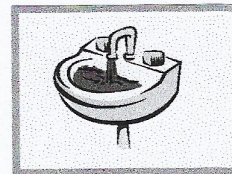


# 5 Steps to Good Hand Washing!

**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.**

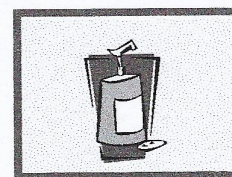
Turn on the warm water. If you have 2 faucets, turn on the cold first and then the hot until the water is warm.



## **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.

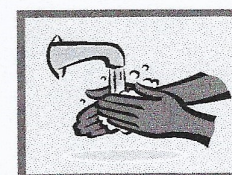
## **Step 3 – Sing while you wash!**

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.





# Help Your Child Be a Germ Stopper!

## How germs spread

### People catch the flu by:

People who have the flu usually cough, sneeze, and have a runny nose. This makes droplets with virus in them. Other people can get the flu by breathing in these droplets or getting them in their nose or mouth. You can also get the flu by touching a hard surface such as a desk, doorknob, phone, or toy that has germs on it from a cough or sneeze and then touching your eyes, mouth, or nose before you wash your hands. We know that some viruses and bacteria (germs) can live for 2 or more hours on these hard surfaces.

## What can you do to stop the spread of germs? Take these 3 simple steps today!

### Step 1: Cover your mouth and nose when you cough or sneeze. Teach your children to do the same.

How? Cough or sneeze into a tissue and then throw it away.

No tissue? Cough or sneeze into:

- Your sleeve (elbow) or shirt (shoulder)



### Step 2: Clean your hands often. Teach your children to do the same

Wash your hands with **soap** and warm water. Do it for 20 seconds.

How long is 20 seconds?

- Count slowly to 20. Or wash long enough to sing the "Happy Hand Washing" song twice or our special version of "If You're Happy and You Know It."



No soap around?

- Use hand gel or hand wipes.

### Step 3: Remind your children to use good hygiene.

Follow up with your children to make sure they follow the rules of good hygiene:

- Set a good example.
- Praise children when they practice these ways to stop germs in their tracks.





**Color  
Me**





**Color  
Me**





# Connect the Dots

