

# Wash Your Hands

## Before you:

- Eat
- Cook or touch food



## After you:

- Go to the bathroom
- Cough or blow your nose
- Touch pets
- Play outside
- Are with someone who is sick



## Wash Germs Down the Drain

1. Turn on warm water.
2. Rub soap on both sides of your hands and fingers and around your nails.
3. Sing "Happy Birthday" twice while washing your hands, about 20 seconds total.
4. Rinse the soap off your hands, then turn off the water.
5. Dry your hands with a paper towel or air dryer.



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Washing your hands keeps germs away from you and people around you.