

Washing Your Hands—a Visual Support

It's very important to wash your hands for no less than 20 seconds after applying soap.
(You can sing the "Happy Birthday" song twice while you lather your soap.)



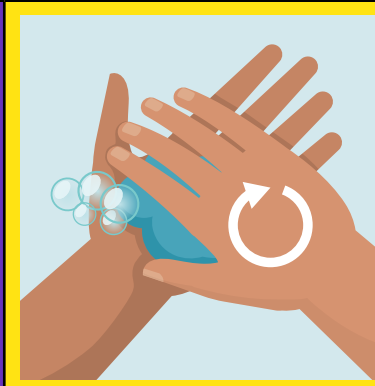
Turn on the faucet to a comfortable temperature.



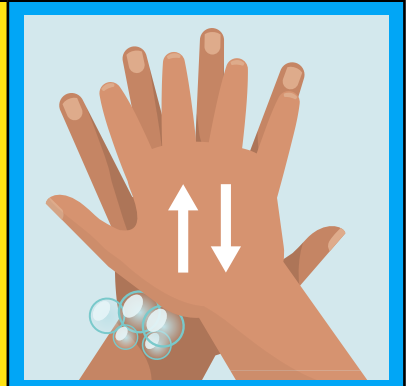
Wet your hands.



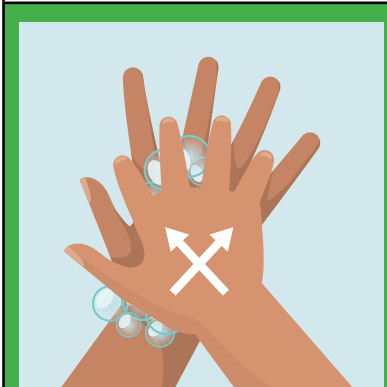
Apply soap to your hands.



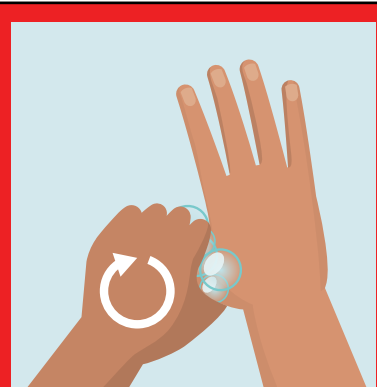
Rub your palms together. This makes the soap bubble.



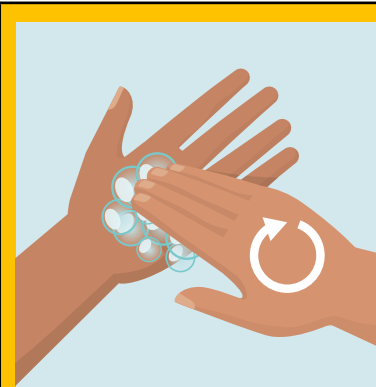
Rub your wrists and the backs of your hands with your soapy palms.



Bring your fingers together (like you're holding hands) and rub between your fingers.



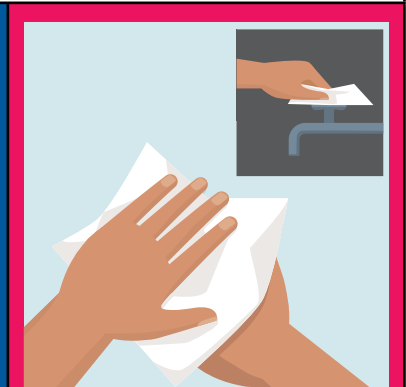
Hold one thumb gently with the other hand and roll in your palm. Repeat with the other thumb.



Rub your fingernails gently in the palm of your other hand. Repeat on the other side.



Rinse with clean water until hands are no longer soapy.



Dry hands with a towel and turn off the faucet with the towel.