

# 7 Steps to Wash Your Hands Properly

1.



Palms

2.



Backs

3.



Between  
fingers

4.



Knuckles

5.



Thumbs

6.



Finger  
tips

7.



Wrists

Please wash your hands for at least 20 seconds

**\*before and after eating \*after using the toilet**

**\*after blowing your nose**

**Singing "Happy Birthday" TWICE is 20 seconds long!**