

Wash Your Hands Often and Correctly

1. Wash your hands with soap and water for 20 seconds

Sing two rounds of Happy Birthday or one round of Twinkle Twinkle Little Star to measure the 20 seconds

2. Wash

- before eating
- after using the restroom
- after you sneeze or cough
- your hands are dirty
- you have been around someone ill
- after touching trash

3. Do not touch your mouth, eyes, or nose with your hands unless you wash your hands first.

Mucus membranes can be an opening for germs.

