

Washing My Hands

To keep my body safe from germs, it's important that I wash my hands.

It's expected to wash my hands before I eat, after I eat, after I go to the bathroom, after going outside, after I touch my face and after I cough or sneeze.

The more I wash my hands, the more I will protect my body!



It's expected to use soap when I wash my hands and scrub for a long time. Some people sing Happy Birthday two times while they wash their hands. Other people like to sing the ABCs or count to 20.



When I wash my hands, it's expected to wash the front, the back, and between my fingers.



When I wash my hands, I keep my body safe. I also help others feel safe and comfortable.

