



HANDWASHING



Handwashing is a simple way to stay healthy. Help children stay healthy by encouraging them to wash their hands frequently. Wash your hands with your child to show him/her how it is done correctly. Follow the steps below to ensure proper handwashing.

1. Wet your hands with warm water. Use liquid soap if possible. Apply a nickel- or quarter-sized amount of soap to your hands.
2. Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers, back of hands, wrists, and the area around and under the fingernails.
3. Continue rubbing your hands for at least 15 seconds. Need a timer? Imagine singing the "Happy Birthday" song twice.
4. Rinse your hands well under running water.
5. Dry your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open the door if needed.