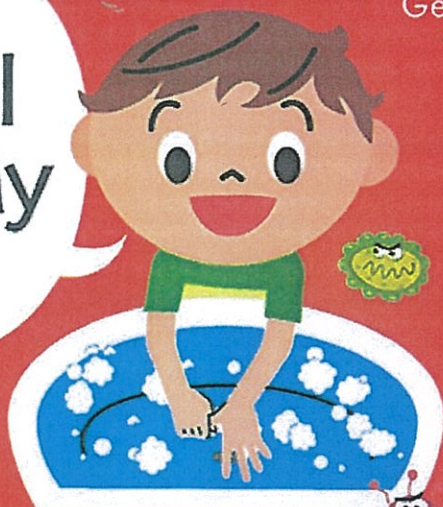


# When Should I Wash My Hands?



Germ are everywhere. When in doubt, wash your hands. It's an important habit for healthy kids. Make it a daily routine like brushing your teeth.



Before Eating



After Going to the Bathroom



After Sneezing



After Playing With Animals



After Playing Outside

Fingernails



Between Fingers



Back of Hands



Base of Thumbs



Palm to Palm



Wrists



## How Should I Wash My Hands?

Put your hands under running water. Add some soap and lather up for as long as it takes you to sing happy birthday. Dry your hands.