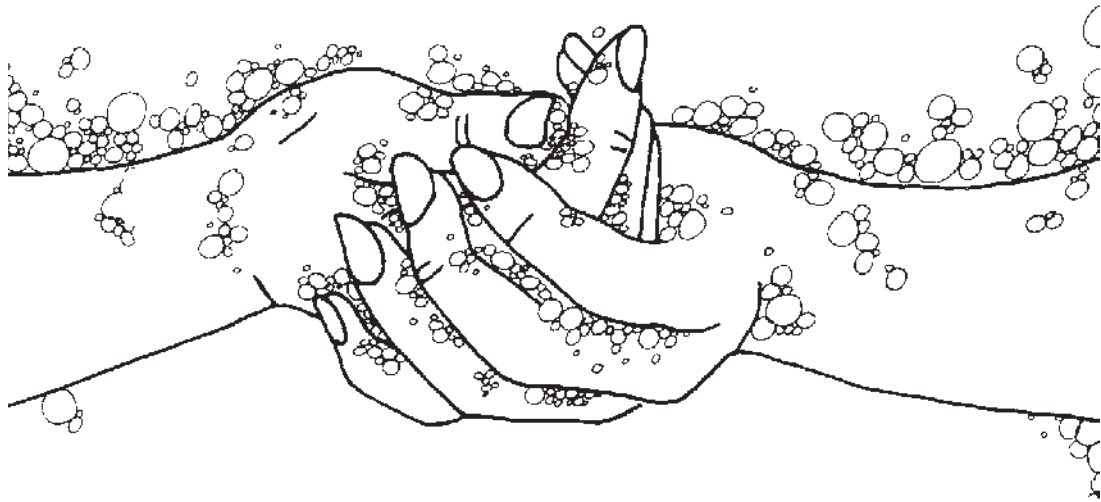


Wash Your Hands Properly and Frequently

Handout 1



Use liquid soap and running water.

Rub your hands vigorously for at least 10 seconds.

Wash everywhere:

- **backs of hands**
- **wrists**
- **between fingers**
- **under fingernails**

Rinse well.

Dry hands with a paper towel.

Turn off water using a paper towel, not your clean hands.

Reference: *Healthy Young Children: A Manual for Programs*. Susan S. Aronson, MD, FAAP, Editor. Compiled with Patricia M. Spahr. National Association for the Education of Young Children. 2002.