



Wash Your Hands the Right Way



Overview

It's no fun to be sick. And how do we get sick? Germs! They get on your hands when you touch things. Then, they get in your body and make you feel bad. But did you know there's a simple way to fight germs? It's as easy as washing your hands! Let's learn how to wash our hands the right way.

Washing

First, turn on the faucet and get your hands wet. Now turn off the water. Put soap on your hands, and rub your hands together to make bubbles. Rub all the parts of your hands. Get the soap between your fingers and even under your fingernails. And don't forget the backs of your hands. You need to rub your hands for at least 20 seconds. That's about how long it takes to say the ABCs.

Finishing up

Now that you've got your hands good and soapy, it's time to finish up. So give your hands a good rinse. This washes away the germs. Then turn off the water and dry your hands with a clean towel. Or, use an air dryer.

Stay safe

And that's all there is to it! Washing your hands is the easiest way to keep you safe from germs. And it keeps germs from spreading from you to other people. Wash your hands often for good health.