

Hand-Washing for Kids



Be a germ fighter! Here's how:

Hand-washing is one of the best ways to kill germs like viruses that can make people sick. Teach your child these 5 easy steps for good hand-washing. And remind them to wash their hands after they use the bathroom, before they eat, and after they cough or sneeze.

Wet

Turn on the water and get your hands wet.



Soap

Get some soap on your hands, and rub them together to make suds. Get suds on the backs of your hands, between your fingers, and under your nails.



Scrub

Keep rubbing your hands together for at least 20 seconds. You can sing or hum the "Happy Birthday" song two times.



Rinse

Hold your hands under running water to wash off all the soap.



Dry

Dry your hands on a clean towel or air dry. All done!

