

HAND WASHING

Stay healthy. Wash your hands.



1.



Get your hands **wet**.

2.



Put on **soap**.

3.



Rub soapy hands for as long as it takes to **sing "Happy Birthday" two times or about 20 seconds.**

4.



Scrub fingertips and between fingers. **Make lots of bubbles!**

5.



Scrub just below your **wrists**.

6.



Rinse off. Wash all those bubbles away!

7.



Dry your hands with a **paper towel**.



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Source: Florida Department of Health