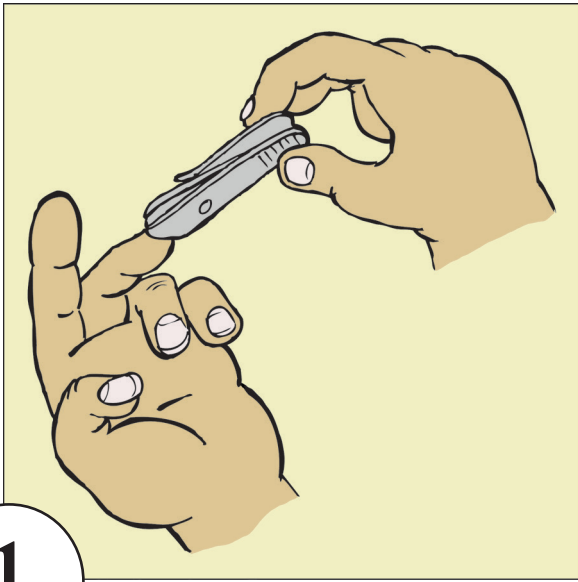


# Proper Hand Washing for School Children

Germs can hide under long fingernails and on dirty hands. Keeping your fingernails short and washing your hands often are the most important things you can do to stop germs from making you sick. Germs that cause illnesses such as colds, flu, diarrhea, and vomiting can get on your hands from touching things around you. People, pets, raw foods, toys, soil, and objects used in our daily lives can all have germs on them. When you wash your hands properly it helps remove germs from your hands.



**1** Keep your fingernails short. If you need to, ask an adult for help cutting fingernails.



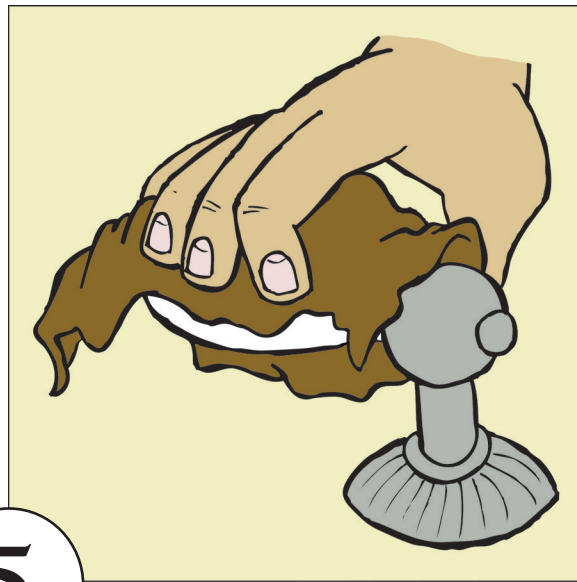
**2** Wet your hands under running water, then add soap.



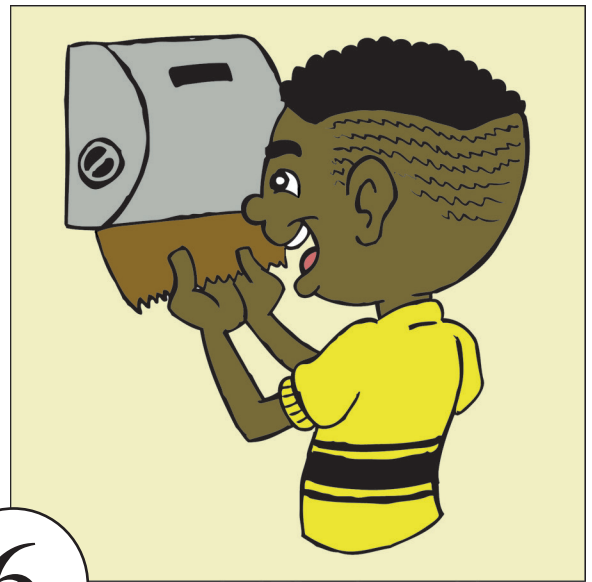
**3** Rub your hands together with soap while singing the Happy Birthday song twice.



**4** Rinse your hands under running water.



**5** If you are in a public restroom, use a paper towel to turn off the water.



**6** Dry your hands with clean, disposable paper towels.

## Wash your hands before:

- Eating and snacking
- Drinking
- Preparing foods
- Touching your mouth

## Wash your hands after:

- Visiting the restroom
- Coughing or sneezing on your hands
- Playing outdoors
- Handling pets
- Doing other activities that dirty your hands