

Use
**Warm
Water**

**Scrub, Scrub
Scrub,**

for 20 seconds

Don't forget those
**Knuckle
Germs**

Lather
**Tops,
Bottoms
and Wrists**

with Soap

Sing the
ABC's

or
"Happy Birthday" Twice

Go in-between
**Fingers
and
Fingernails**



Don't forget to

**Rinse
Well**

**Dry when
Done**

Wash hands **BEFORE**

Eating

Wash hands **AFTER**

using the

Toilet

Wash hands **AFTER**

**Blowing
Your Nose**

Wash hands **AFTER**

**Handling
Pets,**

Pet Food or Animal Waste