

# Did you wash your hands?



## Clean Hands = Good Health

9 steps to wash your hands properly



Water and soap



Palm to Palm



Between fingers



Focus on thumbs



Back of hands



Focus on wrists

*Repeat for 20-30 seconds*



Rinse thoroughly under running water



Pat hands with paper towel



Use paper towel to turn off the tap

**Remember:** Washing your hands regularly **STOPS** the spreading of germs