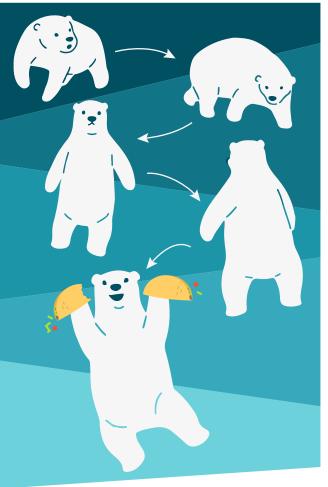
## How to Wash Your Hands Wash your hands for at least 30 seconds That's the same length of time it takes to sing Happy Birthday to your hands twice 1. Rinse Hands and Soap up 2. Scrub your palms 3. Get the backs of your hands 4. Each finger, & between them too: 5. Don't forget your fingertips & under your nails 6. Clean your Thumbs too 7. Rinse & Dry!



## **Don't Forget:**

Polar - Palms Bears - Back of Hands Finally - Fingers Find - Fingertips/nails Tacos - Thumbs



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