

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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