

stop the spread

Washing hands

Follow these steps to eliminate the germs and bacteria that live on your hands



Sink

Find the nearest bathroom to use the sink and wash your hands. By doing this you are prepping your hands to wash all bacteria off.

Wet hands

As you wet your hands, you are getting ready to put soap on your hands to complete the removal of bacteria on your hands.



Soap

Put soap on your hands and you will scrub your hands together for 20 seconds making sure you get front, back, and fingernails.

Rinse hands

You then rinse the soap off of your hands and you should sing the ABC's while doing so to make sure they are nice and clean.



Dry hands

Lastly, after going through the steps of washing your hands, grab a towel and dry your hands thoroughly.