Washing My Hands

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One of the best things I can do to stay healthy is to wash my hands often.

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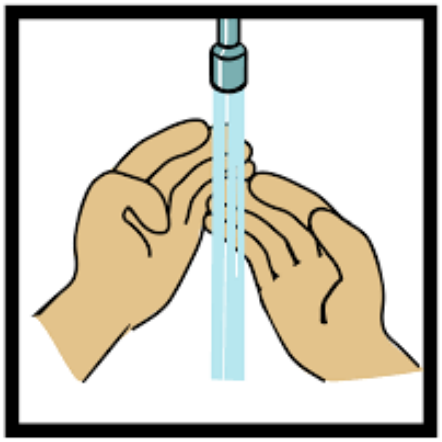
Germs can get on my hands when I touch things, other people, or myself. Washing my hands gets rid of the germs so I don't get sick or pass them to other people!

The best way to wash my hands is to start with warm water and soap.



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I can use bar soap or liquid soap. Both will get rid of the germs!

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March Air Reserve Base

I will wet my hands and then take enough soap to cover the front and back of both of my hands.

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Then I will rub my hands together. I will remember to wash the backs of my hands and in between my fingers too.

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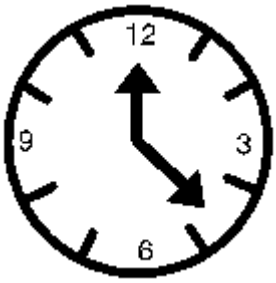
To make sure I get all the germs off, I will rub my hands together with soap for at least 20 seconds.



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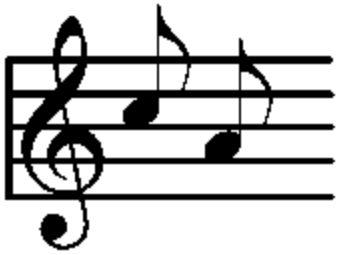
20 seconds is the same as the time it takes to sing Happy Birthday two times.



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Happy Birthday to you, Happy Birthday to you,

Happy Birthday Happy Birthday

Happy Birthday to you!

After 20 seconds I can rinse off the soap under the water.

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Then I take a clean towel or paper towel and dry off all the water.

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I did it!

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Now I have clean healthy hands! I will wash them again soon!