

Wash Your Hands

Wash your hands!

First you need some soap; then scrub for twenty seconds.

If you don't have a clock near you, then sing the A-B-C song.

Be sure to scrub front and back, under your fingernails, and between your fingers.

Dry your hands with a clean towel or a paper towel.

For more information, go to www.cdc.gov/cleanhands.