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.