HANDWASHING TO STOP THE SPREAD OF GERMS

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or going to the bathroom.

1. Water and Soap
2. Palm to Palm
3. Between Fingers
4. Focus on Thumbs
5. Back of Hands
6. Focus on Wrist

HOW LONG IS 20 SECONDS?
1 VERSE OF “HAPPY BIRTHDAY”