



# HANDWASHING

## MY GOAL:

Have clean hands and prevent spread of germs



Special Olympics  
**Health**

GOALS FOR ALL  
— Golisano

## HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria
- It is the best way to stop germs from spreading



## 6 EASY STEPS TO CLEAN HANDS



WET YOUR HANDS



APPLY SOAP



WASH YOUR HANDS FOR 20 SECONDS



RINSE WELL



DRY YOUR HANDS



TURN OFF WATER WITH PAPER TOWEL

Don't forget to scrub between your fingers, under your nails, and the top of your hands

## WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or mouth

## HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

Sing Happy Birthday to yourself twice

OR

Sing the alphabet song to yourself

