WASH YOUR HANDS!

1. Use warm running water
2. Use plenty of soap
3. Rub your hands together for 20 seconds, scrubbing between fingers and on the backs of your hands. Sing the first part of the birthday song — that’s 20 seconds.
4. Rinse thoroughly
5. Dry your hands

Many times a day
Scrub the germs away!

• Before eating
• Before preparing food
• Before you take care of a cut
• After using the bathroom
• After playing outside
• After touching garbage
• After touching or playing with pets, bugs or animals
• After blowing your nose or sneezing
• When you get home from school
• Before and after touching someone who is sick

SOAPY wants you to stay healthy!

• Eat healthy foods
• Get plenty of rest
• Don’t share cups or straws
• Exercise