

# Global Handwashing Day.

## **How to wash your hands:**

Step 1: Wet your hands with clean, running water.

Step 2: Add soap to your hands and lather.

Step 3: Scrub your hands for at least 20 seconds.

Step 4: Rinse your hands under clean, warm, running water.

Step 5: Dry your hands using a clean, dry towel.

## **Some tips:**

- Scrub between fingers and clean under fingernails.
- Clean the inside as well as the outside of your hands.
- Clean your hands often and well.

## **Keep track:**

- Put a tally mark below every time you wash your hands.

I washed my hands \_\_\_\_\_ times today!