



Washing Your Hands





DDS SafetyNet

Washing Your Hands Helps You:

- Stay healthy.
- Avoid a cold or the flu.





Remember to wash your hands:

- Before you eat.
- After you blow your nose.
- After you cough or sneeze.
- After you use the bathroom.
- Before and after you visit people who are sick.





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Here is how to wash your hands:

- **First, wet your hands with warm water.**





Use soap!

- **Rub soap all over your hands.**
- **Make sure you clean:**
 - **Between your fingers**
 - **The front and back of each hand**
 - **Under your fingernails**
 - **On your wrists**





Rub your hands together.

- **While you rub:**
 - **Count slowly to 10**
 - **Then, count to 10 again.**





Rinse your hands.

- **Get off all the soap.**





Dry your hands.

- Use a clean cloth or paper towel to dry your hands.
- Use a towel to turn off the water.





Remind other people to wash too.

- You can share these tips with your friends!
- The more people who wash their hands, the healthier everyone will be!

