



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





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!

