Stop Germs! Stay healthy!
Wash your Hands

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

1. WET HANDS
2. LATHER WITH SOAP
3. BACK OF HANDS
4. FINGERS INTERLACED
5. BASE OF THUMBS
6. FINGERNAILS
7. WRISTS
8. RINSE HANDS
9. DRY HANDS

Five facts everyone should know about handwashing with soap:
- Washing hands with water alone is not enough!
- Handwashing with soap can prevent diseases that kill millions of children every year.
- The critical moments for handwashing with soap are after using the toilet or cleaning a child and before handling food.
- Handwashing with soap is the single most cost-effective health intervention.
- Children can be agents of change.

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