



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

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