

Wash Your Hands!

1 Wet hands.



2 Add soap and rub hands together.

Wash wrists, palms, back of hands, fingers and fingernails.



3 Wash for 20 seconds.

Sing "Happy Birthday" twice.



4 Rinse hands.



5 Dry hands with paper towel.



6 Use paper towel to turn off taps.



Reference: American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3rd Edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association.

Also available on the web at <http://nrckids.org>