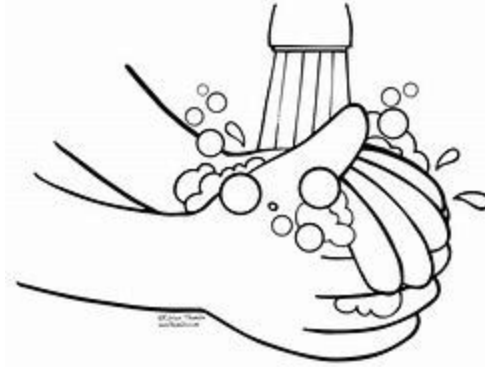


How to Wash Your Hands



1. Wet your hands with clean, running water. Turn off the water and put soap on your hands.
2. Rub your hands together to make lots of bubbles. Rub the front and back of your hands, in between your fingers and under your fingernails. Sing this song 3 times (to the tune of “Row, Row, Row Your Boat”) to make sure you are rubbing long enough:

Rub, rub, rub your hands, Scrub the germs away.

Front and back and every finger, All throughout the day.
3. Turn the water back on and rinse your hands to get all the bubbles off under running water.
4. Dry hands with a clean towel.

