Handwashing is an important hygiene skill and especially important for the prevention of illnesses. This document provides several examples of visuals that are helpful in teaching and reminding children about the steps of thorough hand washing.
HOW TO WASH

Handy’s 5 steps for clean hands

1. SOAP + WATER
2. BUBBLES
3. RUB
4. RINSE
5. DRY
Let’s Wash Our Hands!

1. Palm to palm
2. Between fingers
3. Back of hands
4. Base of thumbs
5. Back of fingers
6. Fingernails
7. Wrists
8. Rinse and wipe dry

Remember to wash our hands:
- After using the toilet
- After sneezing or coughing
- After playing with pets
- After sports or playing outside
- Before eating

With clean towels, we dry our hands. Now let’s show our friends!

Hand Washing:
- Turn on water
- Wet hands
- Get 1 pump of soap
- Scrub hands
- Rinse all soap off
- Dry hands
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<thead>
<tr>
<th>Washing hands</th>
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- **Water on**
- **Hands wet**
- **Rub hands with soap**
- **Rinse**
- **Water off**
- **Dry**