Washing Your Hands





2. Wet hands.

Wet hands with water.





Teach children to wash their hands:

 Upon arrival to the center



Before and after eating



After using the toilet/diapering



- 4. Wash hands.
 - Wash hands well for at least 10-15 seconds. Rub top and inside of hands, under nails and between fingers.



1. Turn water on.



- 3. Apply soap.
- Apply liquid soap.



- en fingers.

 After coughing or contact with body fluids: runny nose,
 - Before and after using water tables

blood, vomit

- After outside play
- After handling pets



- Whenever hands are visibly dirty
- Before going home



- 5. Rinse hands.
- Rinse hands under running water for at least 10 seconds.
- 6. Dry hands.
 - Dry hands with clean, disposable paper towel.
- 7. Turn water off.
 - Turn off the water using the paper towel.
- 8. Throw paper towel away.
 - Throw the paper towel into a lined trash container.