

Let's wash our hands!



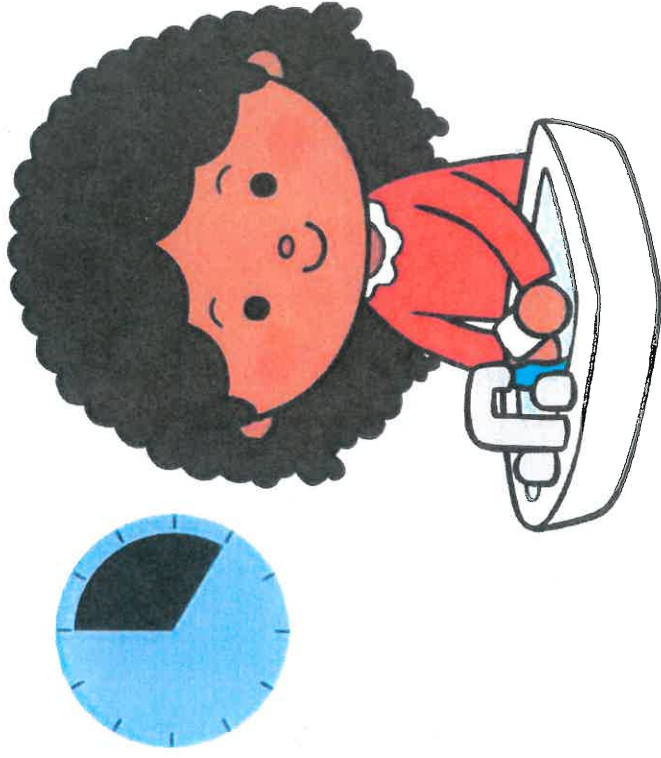
wet

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



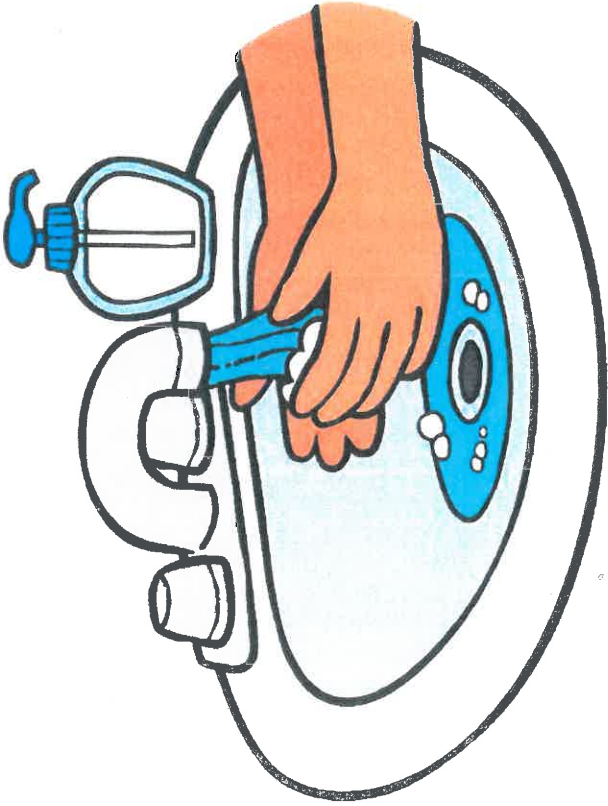
lather

Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.



scrub

Scrub your hands for at least 20 seconds.



rinse

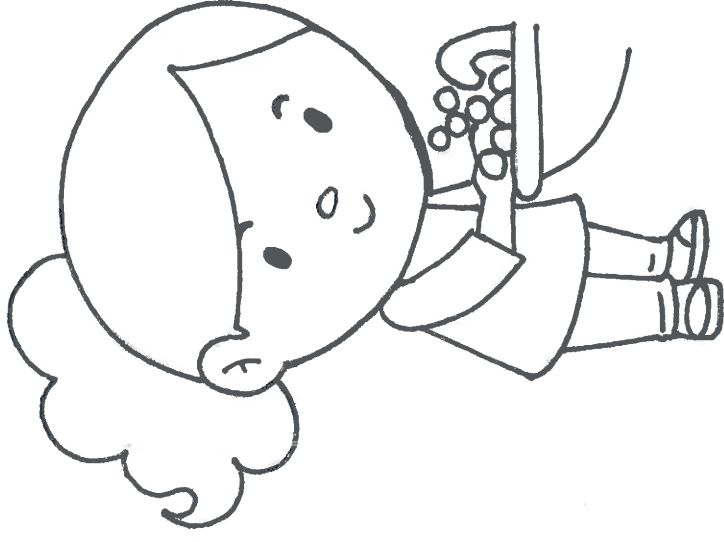
Rinse your hands well under clean,
running water.



dry

Dry your hands using a clean towel or
air dry them.

Let's wash our hands!



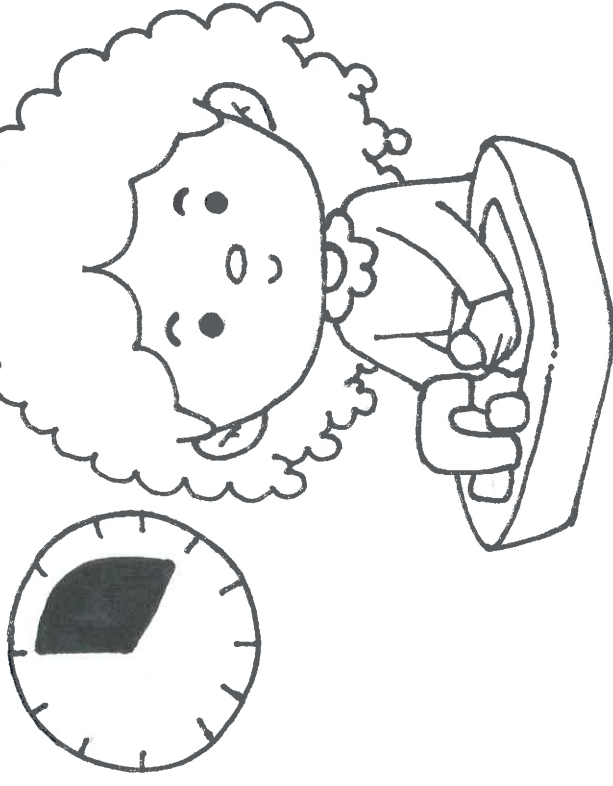
wet

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



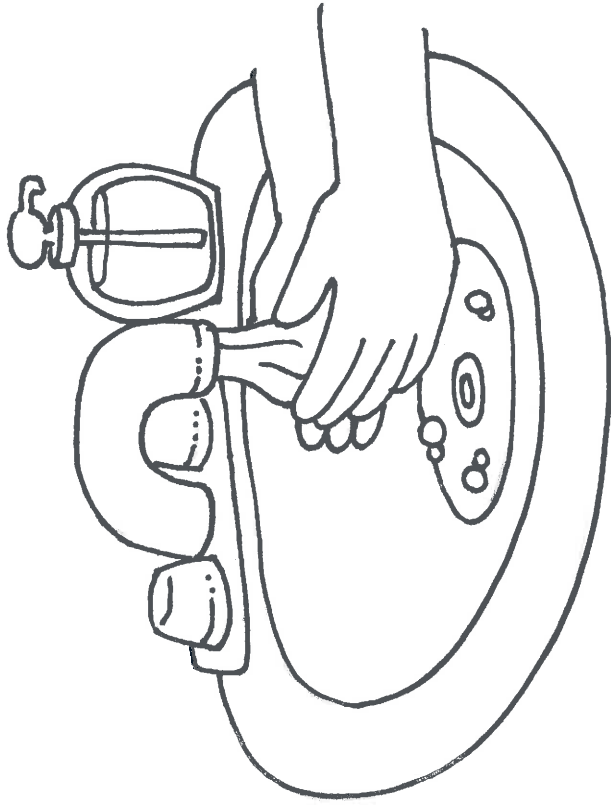
lather

Lather your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.



scrub

Scrub your hands for at least 20 seconds.



rinse

Rinse your hands well under clean, running water.



dry

Dry your hands using a clean towel or air dry them.

Wash my hands

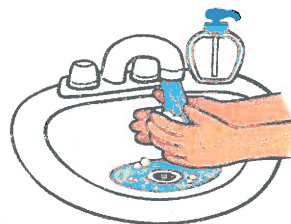
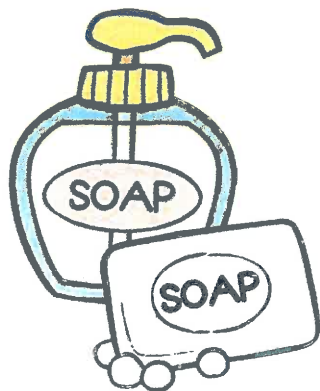
Sing to the tune of Row, Row, Row your Boat. Sing this song with your children two times while washing hands for a total of 20 seconds.

Scrub, scrub, scrub my hands

wash the germs unseen

front and back and in between

get them nice and clean



Second Verse:

Wash, wash, wash your hands



Get them nice and clean,



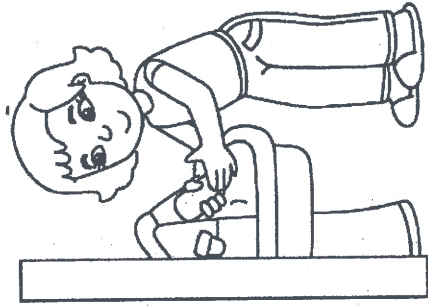
Scrub the tops and the bottoms,



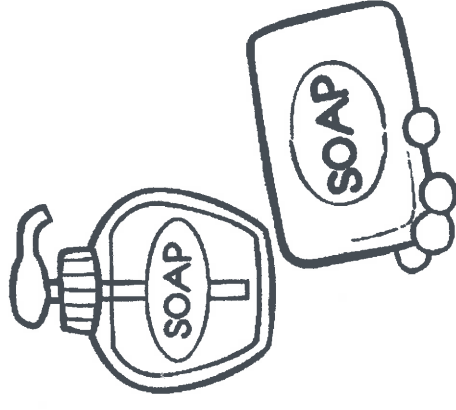
And fingers in between.



Wash your hands



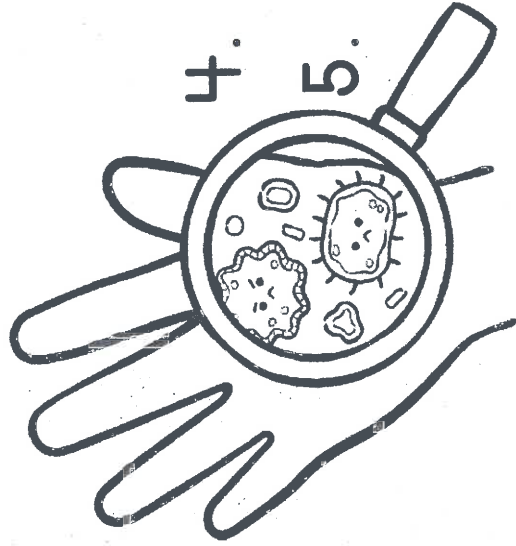
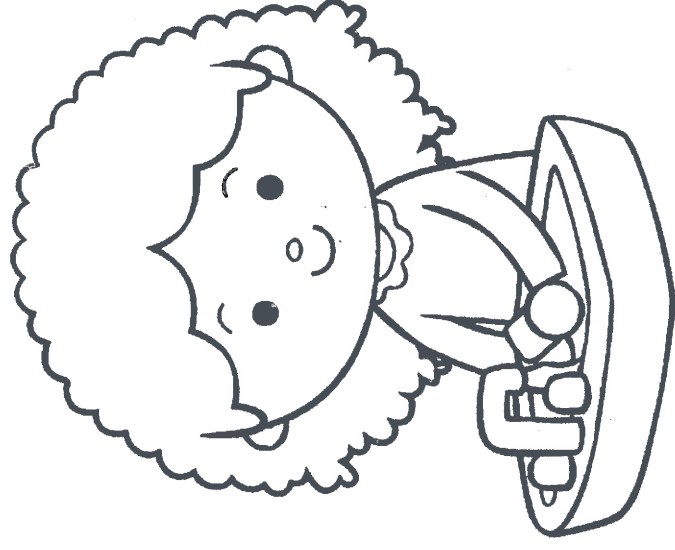
1. Wet your hands
2. Rub soap all over your hands.
3. Scrub for 20 seconds:



front, back, in between
fingers, and under
fingernails

4. Rinse off the soap.

5. Dry your hands with a
clean towel.



Wash your hands

1	2	3	4	5
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