

Washing My Hands

Twenty seconds — shorter than one song

1

WET YOUR HANDS

Warm water

2

SOAP

Enough to make bubbles

3

SCRUB — COUNT TO TWENTY

Palms, backs, between fingers, thumbs, nails

4

RINSE

All the soap off

5

DRY

A towel, not your clothes

The five spots people miss:

Between the fingers • The backs of the hands
Around the thumbs • Under the nails • The wrists

