

Washing My Hands

Which hands are ready?

✓ GOOD



- ✓ Soap and running water
- ✓ Rubbing between the fingers
- ✓ Twenty seconds
- ✓ Nails clean and short

✗ NOT YET



- ✗ Hands still dirty
- ✗ Nails long and dark
- ✗ Sink not used
- ✗ Washing skipped

Remember:

Twenty seconds. Between the fingers. Under the nails.