



It's very important to wash my hands.

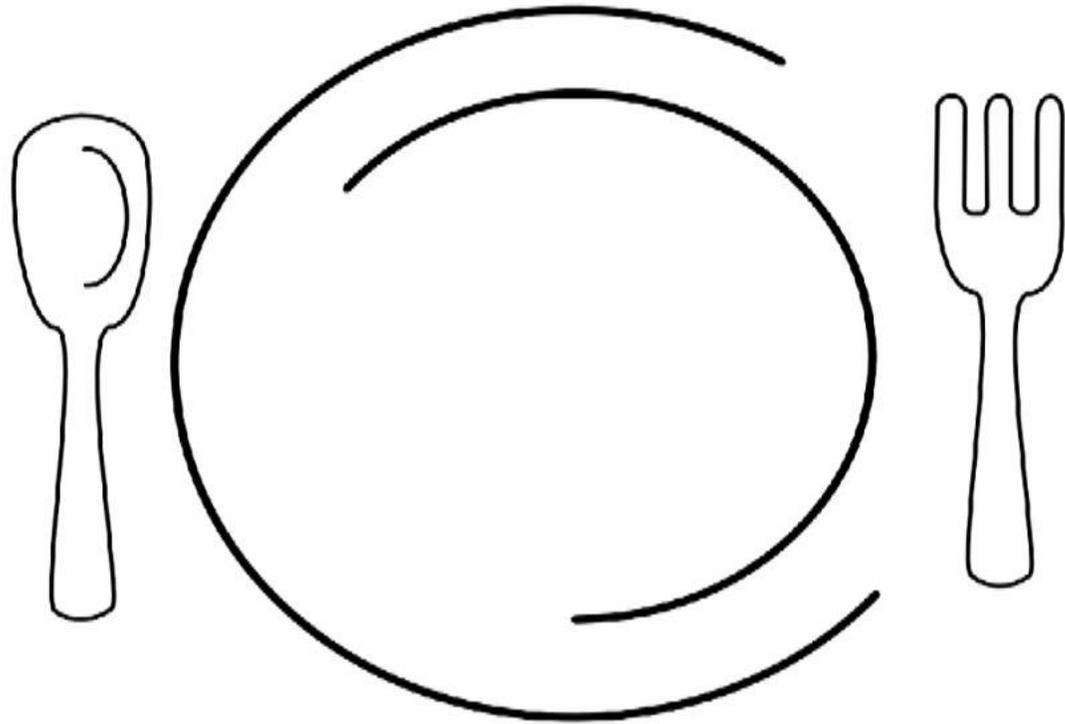
Important



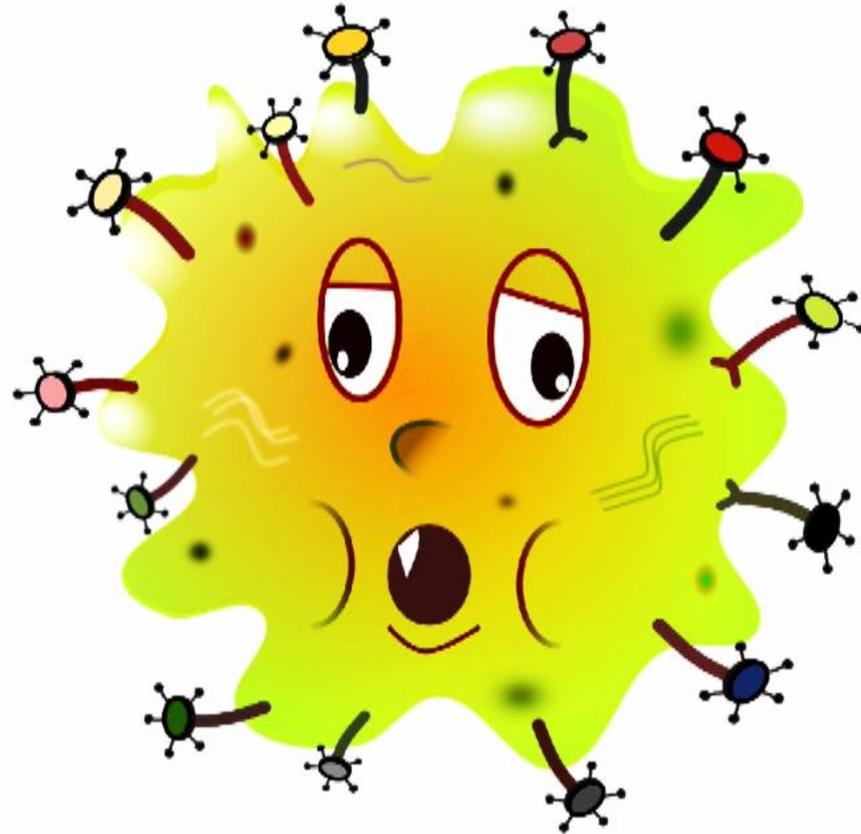
Whenever I'm done playing outside, after I use the bathroom or after I've just sneezed or coughed.



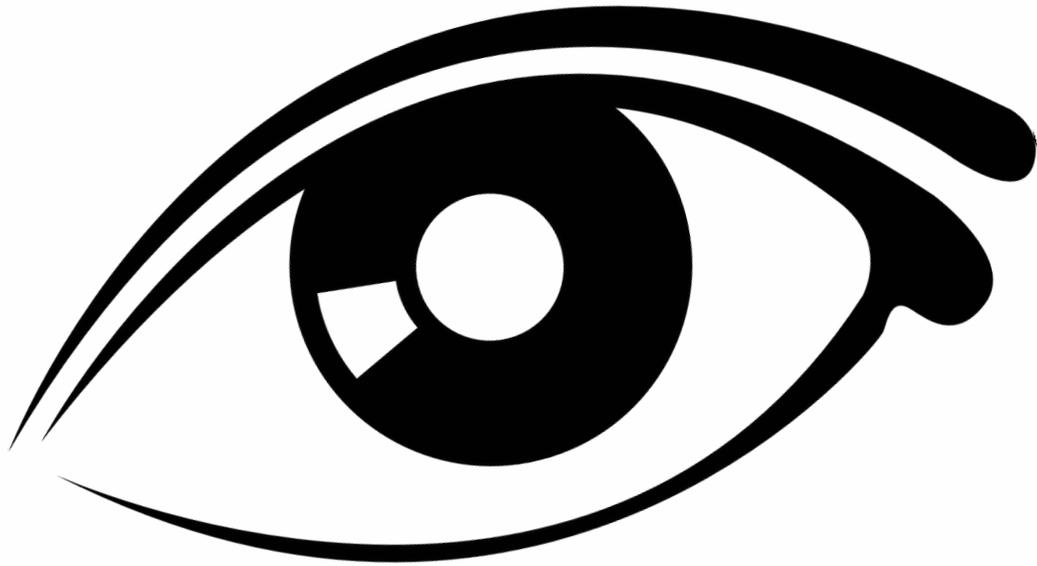
I should wash my hands when I'm getting ready to eat.



I should wash my hands because of germs.



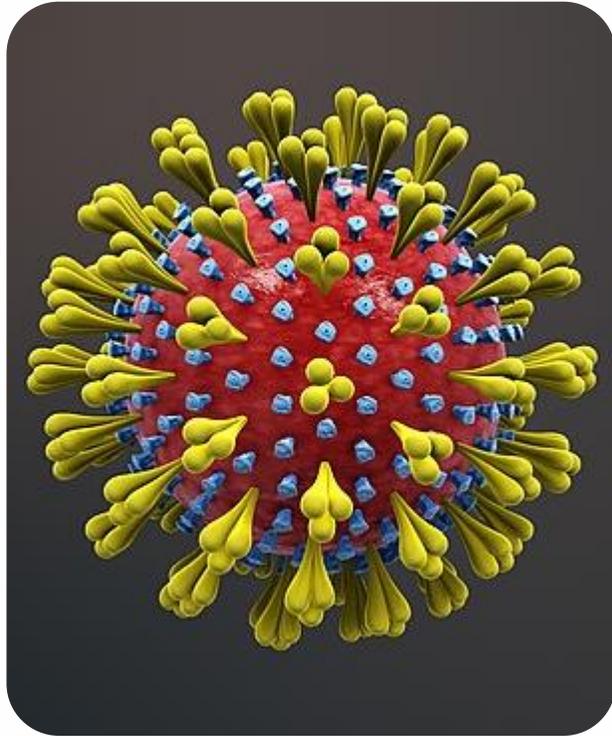
I can't see germs because they are so tiny.



They can only be seen with a microscope.



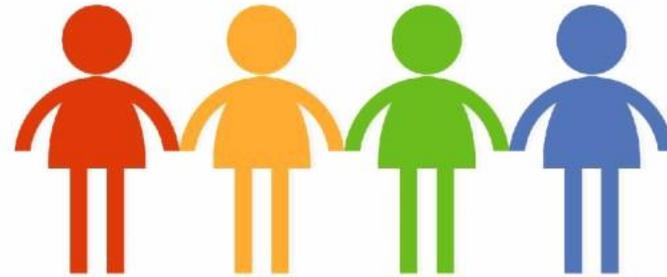
Bad germs can make me and other people sick.



**Washing my hands is a good way
to prevent myself from getting sick..**



and to be thoughtful about not getting other people sick too!



First, I turn on the sink.



Then I'll get my hands wet from the water coming out of the faucet.



**After that,
I'll rub soap on my hands.**

**It can either be liquid
or foamy hand soap,
or a bar of soap.**



**I'll rub the soap all over my hands.
I'll rub my hands together and make soap bubbles.**





**I will rinse the soap off my hands with the water,
while I count to 20!**

20!



After I'm done rinsing, I'll turn the water off..



**and dry my hands with either a cloth towel,
paper towel or hand dryer.**



My hands will be all nice and clean!





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