Washing Your Hands

1. Turn water on.
   - Be sure clean, disposable paper towels are available.
   - Turn on warm water. (80-110 °F in NC)

2. Wet hands.
   - Wet hands with water.

3. Apply soap.
   - Apply liquid soap.

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

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.

Teach children to wash their hands:
- Upon arrival to the center
- Before and after eating
- After using the toilet/diapering
- After coughing or contact with body fluids: runny nose, blood, vomit
- Before and after using water tables
- After outside play
- After handling pets
- Whenever hands are visibly dirty
- Before going home

Hello

Bye!

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