

# Washing My Hands



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**One of the best things I can do to stay healthy is to wash my hands often.**



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**Germs can get on my hands when I touch things, other people, or myself. Washing my hands gets rid of the germs so I don't get sick or pass them to other people!**

**The best way to wash my hands is to start with warm water and soap.**



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**I can use bar soap or liquid soap. Both will get rid of the germs!**



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March Air Reserve Base

**I will wet my hands and then take enough soap to cover the front and back of both of my hands.**



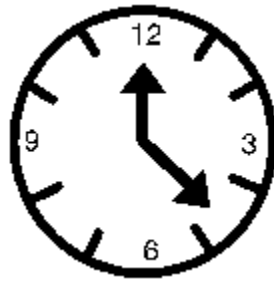
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**Then I will rub my hands together. I will remember to wash the backs of my hands and in between my fingers too.**



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To make sure I get all the germs off, I will rub my hands together with soap for at least 20 seconds.



Boardmaker

20 seconds is the same as the time it takes to sing Happy Birthday two times.



Boardmaker

Happy Birthday to you, Happy Birthday to you,  
Happy Birthday Happy Birthday  
Happy Birthday to you!

**After 20 seconds I can rinse off the soap under the water.**



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**Then I take a clean towel or paper towel and dry off all the water.**



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# I did it!



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**Now I have clean healthy hands! I will wash them again soon!**