

HANDWASHING TO STOP THE SPREAD OF GERMS



Wash your hands often with soap and water for **at least 20 seconds**, especially after blowing your nose, coughing, sneezing or going to the bathroom.



1
WATER AND SOAP



6
FOCUS ON WRISTS



2
PALM TO PALM

HOW LONG IS 20 SECONDS?
1 VERSE OF "HAPPY BIRTHDAY"



5
BACK OF HANDS



3
BETWEEN FINGERS



4
FOCUS ON THUMBS