

# High Five for Clean Hands

Wash hands  
for 20  
seconds



dry hands  
for 20  
seconds



**1** Wet your hands under clean running water. Use warm water if available



**2** Put soap on your hands and wash for 20 seconds. Liquid soap is best



**3** Rub hands together until the soap makes bubbles



**4** Rub on both sides of both hands...



**5** and in between fingers and thumbs...



**6** and round and round both hands



**7** Rinse all the soap off under clean running water. Use warm water if available



**8** Dry your hands all over for 20 seconds. Using a paper towel is best (or, if at home, a clean dry towel)

Always wash and dry your hands...

before

eating or preparing food

after

having contact with animals

sneezing, coughing or blowing your nose

going to the toilet

playing outside

