

Wash Your Hands

Washing your hands is important!
It keeps you from getting sick.



Wet your hands



Use lots of soap



Sing the ABCs while you wash



Rinse your hands with warm water



Dry your hands

When to wash your hands

- Before and after you eat
- After you cough, sneeze or use the bathroom
- Before you touch your eyes, nose or mouth
- After you touch dirty tissues or when your hands are dirty

Public Health Department
Santa Clara Valley Health & Hospital System

